



Congratulations on reaching the third trimester! This handout will help with planning leading up to your baby's birth. If you have any additional questions, please feel free to call us at (952) 922-7600. For urgent questions or emergency situations after office hours, the same number allows you to reach the doctor on call.

### **Hospital Pre-Registration and Tours**

You can pre-register at the hospital at any time. In-person tours have not been available throughout the pandemic, and we do not know when that might be an option again. Each hospital does have a "virtual tour" available. You can access online pre-registration forms and virtual tours at the following links:

M Health Fairview Southdale Hospital <https://mhealthfairview.org/locations/the-birthplace-at-m-health-fairview-southdale-hospital> (does not work with Internet Explorer)

Maple Grove Hospital <https://northmemorial.com/location/maple-grove-hospital/family-birth-center-maple-grove-hospital/>

### **Prenatal Classes**

Childbirth and parenting classes are a great way to learn about the stages of labor, pain control options, breastfeeding, newborn care, and infant CPR. Maple Grove Hospital offers these classes (information can be found on their website above), and a popular option in Edina is Amma Parenting.

### **Fetal Movement/Kick Counts**

Babies have more consistent movement patterns after 28 weeks. However, movement varies from baby to baby, by time of day, and by the age of the baby. Babies also have sleep and awake periods, and hiccups occasionally occur.

Being aware of your baby's movement patterns can be helpful in assessing their wellbeing. When monitoring the baby's movement, avoid distractions and focus just on the movements. Lie on your left side. Count any movements (it doesn't have to be a discrete "kick"). You want to feel 10 movements within a 2 hour period. Drinking some water or juice can help stimulate movement if you're not feeling much. If you do not feel 10 movements within 2 hours or if you ever feel sudden, violent movements followed by 30 minutes or more of no movement, call our office at (952) 922-7600.

### **Signs of Labor**

It is common to have some contractions off and on before you are actually in labor. Many people experience Braxton-Hicks contractions, a non-painful tightening (you might not know they are happening unless you touch your belly and it feels hard) or a minor "menstrual cramp" sensation. These do not cause labor. True contractions will be more painful – typically you will need to stop what you are doing and breathe through them. Staying hydrated, eating regular meals, managing constipation, urinating when needed, and avoiding over-activity can help reduce non-labor contractions.

Call (952) 922-7600 if you experience:

- Contractions every 5 minutes for an hour if this is your first baby or every 7 minutes if second baby or more
- Contractions every 10 minutes if you have not yet reached 37 weeks of pregnancy
- Big gush of fluid or continuous leakage of fluid
- Bright red vaginal bleeding

Either a nurse or doctor will talk to you and make a plan with you. We will notify the hospital if you plan to go in for assessment. Please note that the labor and delivery unit at your chosen hospital may be at capacity when it's time for you to go in, meaning they are unable to safely care for additional patients at that time. If this occurs, you will be directed to the other hospital where Clinic Sofia physicians have privileges. If it is more convenient, you can choose to go to an alternate hospital with the knowledge that Clinic Sofia physicians will not be able to care for you there.

## **Preeclampsia Awareness**

Some pregnancies are impacted by a blood pressure condition called preeclampsia. Part of the reason we see you more frequently at the end of pregnancy is to monitor for this.

Please call us at (952)922-7600 if you are experiencing these symptoms, which can be associated with preeclampsia:

- Persistent severe headache unresolved with Tylenol
- Vision changes like sudden blurriness, spots, “sparklers”, or visual field deficits
- Sudden swelling of the face and hands
- Pain in the right upper belly just below the ribs

## **Accidents**

Please call us at (952)922-7600 if you are in a car accident, have any trauma to your abdomen, or experience a fall.

## **What to Bring to the Hospital**

The only thing you absolutely need is a car seat for the baby, and you will not need to bring that into the hospital with you right away. We recommend packing a suitcase in advance with items you might want such as shampoo, toothbrush, makeup, hair dryer, undergarments, and comfortable clothes. Don't forget your phone charger! You will also want an outfit for the baby to wear home. The hospital supplies pads and ice packs for you and diapers, wipes, hats, and swaddles for the baby.

## **Pediatricians**

If you are still looking for a pediatrician, here are some options that we recommend:

- Southdale Pediatrics (952)-831-4454 - Edina, Eden Prairie, and Burnsville
- Metropolitan Pediatric Specialists (952) 920-9191 - Edina, Shakopee, and Burnsville
- South Lake Pediatrics (952) 401-8300 - Minnetonka, Plymouth, St. Louis Park, and Maple Grove
- Partners in Pediatrics (763) 559-2861 - Maple Grove, Brooklyn Park, St. Louis Park, Plymouth, and Rogers
- M Health Pediatrics (763) 898-1220 - Maple Grove

## **Pain Control Options in Labor:**

- **Unmedicated** - Breathing methods, guided meditation, aromatherapy, massage/counter-pressure, sitting and bouncing on an exercise ball, walking, soaking in a tub, or taking a hot shower can be helpful strategies.
- **IV medication** – This is an injection that lasts 1-2 hours and helps you relax with contractions. It is not an option as you get close to time of birth as it crosses the placenta and can impact the baby's activity.
- **Nitrous oxide** – Like laughing gas at the dentist, this is given through a mask that you need to hold up to your face and helps to take the edge off the pain of contractions and pushing.
- **Epidural** - A continuous drip of medication is administered through a catheter in your back which numbs or eliminates pain from contractions through the remainder of labor and does not affect the baby.

## **Methods for Pregnancy Prevention**

Having a plan for pregnancy prevention after birth is important. You have the potential to become pregnant BEFORE you see your first period. Breastfeeding offers some but not complete protection against pregnancy. There are some risks to having a new pregnancy start within 6 months of a birth and more modest risks at less than 18 months. Below are options for pregnancy prevention to consider and discuss as desired, listed from least to most effective:

- Barrier methods such as condoms and diaphragms
- Phexxi vaginal gel
- Combined estrogen and progesterone options like pills, patches, rings – wait to start until at least 6 weeks after delivery and avoid if breastfeeding as they may negatively impact milk supply
- Progesterone-only pills
- Depo Provera injection
- Hormonal or copper IUDs (intrauterine devices)
- Nexplanon, a bar that is inserted in the arm
- Permanent sterilization, including “tying tubes” (we actually generally remove them) or vasectomy