

THE 28 WEEK VISIT

Women that receive prenatal care early and often have healthier babies.

Antepartum care is a comprehensive program of medical care and support that starts with pregnancy and continues through the postpartum period.

VISIT COMPONENTS

- assessed well-being of mama/baby
- addressed concerns and questions
- reviewed new symptoms
- physical exam
- reviewed genetic screening, lab and ultrasound results
- reviewed pertinent education
- offered reassurances
- reviewed warnings signs and where to seek care after hours



MY EXAM

blood pressure _____
weight gain _____
fundal height _____
baby's heart rate _____

ANEMIA

- Anemia is when you have a lower amount of red blood cells in your body. Red blood cells are important to your body because they carry oxygen to your cells ([ACNM, 2018](#)).
- The most common causes of anemia in pregnancy and the postpartum period are iron deficiency and blood loss. Iron deficiency anemia is associated with **low birth weight, preterm delivery and perinatal mortality** ([AAP & ACOG, 2017](#)).
- Treatment for iron deficiency anemia requires an iron dosage of 60 to 120mg daily and you can increase your iron with iron rich food or iron supplements ([AAP & ACOG, 2017](#)).
- Iron rich foods include: meats, eggs, fish, beans and fortified cereal or grains.
- Iron supplements include: ferrous sulfate, ferrous fumarate or ferrous gluconate. One supplement does not work better than the other. Beware of common side effects: constipation, nausea, stomach discomfort, bowel changes ([ACNM, 2018](#)).

GESTATIONAL DIABETES

- Diabetes is a condition in which the body does not make enough insulin. When the body does not have enough insulin, the body struggles to use the food you eat for energy and there is a build up of extra sugar in your blood ([CDC, 2020](#)).
- All pregnant women should be screened for gestational diabetes between 24 to 28 weeks. The screening test is called a 1 hour glucose tolerance test and is completed by drinking a glucola drink. After 1 hour, blood is drawn to check the level of the woman's glucose. Fasting is not required for test completion ([AAP & ACOG, 2017](#)).
- What happens if I am diagnosed with gestational diabetes?** Diabetes management during pregnancy consists of nutrition counseling, daily blood sugar testing, exercise and more frequent ultrasounds and provider visits.

DOULA SUPPORT

- Doulas are trained in pregnancy, birth and postpartum support for women and families.
- During labor and birth, doulas provide continuous emotional and physical support and coordinate interventions for pain (position changes, breathing, relaxation, comfort measures), while simultaneously encouraging informed consent each step of labor.
- Doula care has been associated with shortened labors, reduced need for pain medication, reduced need for pitocin, fewer operative births or cesarean sections and higher satisfaction with labor ([AAP & ACOG, 2017](#); [DONA, 2012](#)).
- Doulas are generally employed independently or work with a hospital system or group practice. Most doulas charge a flat fee. Insurance coverage varies.
- Find a doula at www.dona.org/
- Find the history of doulas and interview questions for doulas [here](#).

EXERCISE BENEFITS

- Safe exercises in pregnancy include: walking, stationary cycling, aerobic exercise, dancing, resistance exercise with weights or resistance bands, stretching, and water aerobics.
- Regular exercise in pregnancy is associated with a **higher incidence of vaginal delivery** and a lower incidence of too much weight gain, diabetes in pregnancy, high blood pressure in pregnancy, cesarean section, preterm birth and low birth weight.
- Women that regularly exercise report fewer body aches and lower back or sciatica pain. Exercise has not been associated with an increased risk of preterm birth and regular exercise can improve postpartum recovery time after your birth ([ACOG, 2020](#))

TRIAL OF LABOR AFTER CESAREAN

- A trial of labor after cesarean (TOLAC) is when a woman with a prior cesarean birth desires to attempt a vaginal birth after cesarean (VBAC).
- 60-80% of women who attempt a VBAC are successful.** A successful VBAC is associated with decreases in maternal mortality and fewer complications in future pregnancies. Additionally, successful VBACs are associated with lower rates of hemorrhage or infection from avoidance of surgery, and a faster recovery time ([AAP & ACOG, 2017](#); [ACNM, 2011](#)).
- The greatest risk for a TOLAC is called uterine rupture and occurs in 0.5-0.7% of women compared to 0.3% of women during an elective repeat cesarean section ([ACNM, 2011](#)).
- Conversations about TOLAC should start early in prenatal care and include a review of the woman's concerns, the provider's counseling and recommendation and a review of the available services offered at the hospital ([AAP & ACOG, 2017](#)). [Read more here](#).

CONTRACEPTION

- Contraception is a term to describe methods or medications to prevent pregnancy. Many women report that they do not know enough about the different types of contraception ([ACNM, 2013](#)).
- Types of contraception include: pills, patch, vaginal rings, patches, injection, subdermal arm implants, intrauterine devices, female or male sterilization, condoms, spermicides, diaphragms, sponges, withdrawal, lactation amenorrhea method, and natural family planning.
- Contraception counseling should include: a review of the most and least effective methods; correct use of the method; benefits or risks of method; side effects of method; and prevention of STDs (only condoms prevent STDs) ([Gavin et al., 2014](#)).
- [Use this tool to create a reproductive plan for after your baby is born!](#)

THE 28 WEEK VISIT



WHAT DO I NEED TO DO AFTER MY VISIT?

LABORATORY TESTS

complete lab work: today asap before next visit

SCHEDULE ULTRASOUNDS

growth scan

MEDICATIONS

pick up RX at pharmacy obtain medication OTC

GET VACCINATED

flu vaccine COVID vaccine Tdap vaccine (>27wks)

REQUEST MEDICAL RECORDS

call medical records department at prior place of care
go to medical records for assistance

REFERRALS/CONSULTATIONS

genetic counselor social worker chiropractor
maternal fetal medicine (MFM) nutritionist physical therapy
lactation consultant mental health

SCHEDULE YOUR NEXT APPOINTMENT IN...

1 2 3 4 5 6 days/weeks

MY PREGNANCY GOALS

DAILY

take a daily multivitamin
take a daily folate supplement
limit daily caffeine to <300mg/day
eat a diet rich in fatty acids
moderate exercise for 30min.
stop smoking

WEEKLY

get restful, adequate sleep
aim for stress reduction
aim for work-life balance
150min/week cardio/strength training
read books about pregnancy/birth

MONTHLY

aim for healthy weight gain
go to prenatal appointments
connect with pregnant women
monitor your mental health
make a budget:
ramseysolutions.com

OTHER

visit dentist
review/obtain vaccine record
obtain recommended vaccines
read books on pregnancy
visit findhelp.org

CALL OR SEEK CARE FOR...

- A slow down, change or stop in your baby's movements
- Vaginal bleeding or leaking fluid from the vagina
- Severe abdominal pain
- Problems with your vision (flashing lights or spots)
- Persistent headache that does not resolve with Tylenol
- Severe pain just below the ribs, on the right side of your belly
- Nausea or vomiting and are unable to eat or drink
- Fever greater than 100.4F
- Thoughts of harming yourself or your baby

References: American Academy of Pediatrics, & American College of Obstetricians and Gynecologists. (2017). Guidelines for perinatal care (8th ed.). doi: 10.1092/14651859.CD0003519.pub3. Centers for Disease Control and Prevention. (2020). Pregnancy Diabetes. <https://www.cdc.gov/pregnancy/diabetes.html>. American College of Nurse-Midwives. (2019). Preventing iron deficiency anemia during pregnancy. *Journal of Midwifery & Women's Health*, 64(1). doi: 10.1111/jmwh.12940. American College of Nurse-Midwives. (2011). Vaginal birth after cesarean delivery. <http://www.midwife.org/ACNM/files/ACNMLibrary/Data/UPLQADFILENAME/00000000090/VBAC%20Dec%202011.pdf>. DONA. (2012). Position paper: The birth doula's role in maternity care. <https://www.dona.org/wp-content/uploads/2018/03/DONA-Birth-Position-Paper-FINAL.pdf>. American College of Obstetricians & Gynecologists. (2020). Physical activity and exercise during pregnancy and the postpartum period. <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/04/physical-activity-and-exercise-during-pregnancy-and-the-postpartum-period>. American College of Nurse-Midwives. (2013). Family planning and birth control survey key findings. Our Moment of Truth: A New Understanding of Midwifery Care. <http://www.midwife.org/acnm/files/ciLibraryFiles/FileName/000000003464/2013%20ACNM%20Contraception%20Survey%20-%20Key%20Findings.pdf>. Gavin, L., Moskosky, S., Carter, M., Curtis, K., Glass, E., Godfrey, E., Marcell, A., Mautone-Smith, N., Pazol, K., Tepper, N., Zapata, L., & Centers for Disease Control and Prevention (CDC) (2014). Providing quality family planning services: Recommendations of CDC and the U.S. Office of Population Affairs. MMWR. Recommendations and reports : Morbidity and mortality weekly report. Recommendations and reports, 63(RR-04), 1-54. See disclosure on blog for use: amidwifefaction.com.

RESOURCES and FAQs FOR YOUR 28 WEEK VISIT

Anemia

- [Preventing Iron Deficiency Anemia During Pregnancy](#) (ACNM)

Blood Transfusions in Pregnancy/Birth

- [Blood Transfusion, Pregnancy and Birth Patient Information Leaflet](#) (RCOG)

Contraception/Family Planning

- [Compare methods with this chart!](#) (Reproductive Access)

Doulas

- [Find a doula here!](#)
- [Read about doula history and questions you should ask your doula](#)

Exercise in Pregnancy

- [Exercise in Pregnancy](#) (ACOG)
- [Exercise during Pregnancy](#) (March of Dimes)

Gestational Diabetes

- [Diabetes and Pregnancy](#) (CDC)
- [Diabetes Meal Planning](#) (NIH)
- [Eating Out with Diabetes](#) (CDC)
- [Gestational Diabetes](#) (NIH)
- [Understanding Food Labels](#) (CDC)

Am I able to have a vaginal birth after having had a cesarean section?

[Vaginal Birth After Cesarean Delivery \(VBAC\)](#) (ACOG)

Why is the Tdap vaccine recommended during pregnancy?

[Pregnancy and Whooping Cough](#) (CDC)

Is the COVID vaccine recommended for pregnant women?

[COVID-19 Vaccine Considerations for OB-GYN Care](#) (ACOG)

Is Rhogam recommended during my pregnancy?

[Rh-Negative Blood Type in Pregnancy](#) (ACNM)

What can I do for back pain in pregnancy?

[Back Pain during Pregnancy](#) (ACNM)

Am I gaining too much weight in pregnancy?

[Weight Gain and Pregnancy](#) (ACNM)

BOOK RECOMMENDATIONS

For pregnancy

- [Babies Are Not Pizzas: They're Born, Not Delivered!](#) by Rebecca Dekker
- [Birth Matters](#) by Ina May Gaskin
- [Creating Your Birth Plan: The Definitive Guide to a Safe and Empowering Birth](#) by Marsden Wagner
- [Ina May's Guide to Childbirth](#) by Ina May Gaskin
- [Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond](#) by Nancy Bardacke
- [Natural Hospital Birth](#) by Cynthia Gabriel
- [Real Food for Gestational Diabetes: An Effective Alternative to the Conventional Nutrition Approach](#) by Lily Nichols
- [Real Food for Pregnancy: The Science and Wisdom of Optimal Nutrition](#) by Lily Nichols
- [The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas and All Other Labor Companions](#) by Penny Simkin
- [Midwifery for Expectant Parents: A Modern Guide to Choosing the Birth That's Right for You](#) by Aubre Tompkins
- [The Official Lamaze Guide: For a Healthy Pregnancy & Birth](#) by Judith Lothian

For the postpartum period

- [The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality](#) by Kimberly Ann Johnson

For breastfeeding

- [Breastfeeding in Combat Boots](#) by Robin Roche-Paull
- [Ina May's Guide to Breastfeeding](#) by Ina May Gaskin
- [Making More Milk: The Breastfeeding Mother's Guide](#) by Diana West & Lisa Marasco
- [The Womanly Art of Breastfeeding](#) by Marianne Neifert

For meal prep

- [From Freezer to Table: 75+ Simple, Whole Foods Recipes for Gathering, Cooking, and Sharing](#) by Polly Conner, Rachel Tiemeyer
- [From Freezer to Cooker: Delicious Whole-Foods Meals for the Slow Cooker, Pressure Cooker, and Instant Pot: a Cookbook](#) by Polly Conner, Rachel Tiemeyer

OTHER RESOURCES

- [A Healthy Pregnancy](#) (in English and Spanish)
- Apps for Mental Health: [Calm](#), [CBT-I Coach](#), [Mindshift](#), [MoodTools](#), [Stop-Breathe-Think](#), [Nobu](#)
- [Are You and Your Baby Safe?](#)
- [Breastfeeding during Pregnancy and Tandem Nursing](#)
- [Changes to Your Baby and Your Body in Pregnancy](#) (in English and Spanish)
- [Essential Information for Moms to Be](#) (Mama Academy - in multiple languages)
- Find a midwife: <https://www.midwife.org/find-a-midwife>
- [Having a Baby](#) (ACOG)
- [HEAR Her Concerns](#) (CDC)
- [Intimate Partner Abuse](#) (ACNM)
- National Domestic Violence Hotline 1-800-799-SAFE (7233) or 1-800-787-3224, or live chat at thehotline.org
- [Substance Abuse and Mental Health National Helpline: 1-800-662-HELP \(4357\) or 1-800-487-4889](#)
- [Teratogens in Pregnancy \(Fact sheets by MotherToBaby\)](#)
- [Weight Gain and Pregnancy](#) (ACNM)
- [Vaccines and Pregnancy](#) (ACNM)