

# THE 24 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 \_\_\_\_\_

## BACK PAIN

- Back pain is very common in pregnancy. Pregnancy hormones cause your body's ligaments to become softer and your growing uterus causes pressure on your back.
- Try these interventions for relief: sleep on your side, get plenty of rest; use a heating pad or heated rice sock; get a massage; take a warm bath with epsom salts; use a pregnancy support belt; avoid lifting heavy objects; bending your knees; wear low heeled shoes; balance the weight while carrying shopping bags; ensure that you are sleeping on a good, firm mattress.
- Continue regular exercise (prenatal yoga is great for back pain!), practice good posture and aim for appropriate weight gain during your pregnancy. [Try these stretches!](#)
- If back pain persists, consider consult from a physical therapist ([NHS, 2021](#); [Cedars-Sinai, 2021](#)).

## 28 WEEK LABS AND VACCINES

- Between 24 to 28 weeks of pregnancy, an oral glucose test and a complete blood count are recommended to screen for gestational diabetes and anemia.
- A flu vaccine is recommended for all pregnant women. The flu vaccine is safe in any trimester of pregnancy.
- A TDaP (tetanus-diphtheria-pertussis) vaccine is recommended for all pregnancy women between 27 to 36 weeks.
- If you have Rh negative blood and the baby's father is Rh positive, a vaccine called Rhogam is recommended at 28 weeks as well. [Learn more about Rh negative blood type here.](#)
- A COVID vaccine is recommended for all pregnant women during any trimester of pregnancy ([ACOG, 2020](#)).

## PRETERM LABOR

- Preterm labor is labor that starts before 37 weeks of pregnancy. 1 in 10 women will have a preterm baby.
- Symptoms of preterm labor include:**
  - Change in vaginal discharge
  - Pressure in your pelvis
  - Low back pain
  - Abdominal cramping (sometimes with diarrhea)
  - Regular contractions
  - Your bag of water breaks
- Preterm babies can have problems after they are born because they are not fully developed. Some babies will need to spend time in a neonatal intensive care unit or NICU. [Learn more about preterm labor here \(March of Dimes, 2021\).](#)

## TRAVEL DURING PREGNANCY

- The best time to travel is during the second trimester (between 14 and 28 weeks) and prior to 36 weeks of pregnancy.
- Be prepared when you travel and take a copy of your prenatal record in your personal belongings in case you need care.
- Traveling more than 4 hours at a time via train, bus, car or plane can increase your risk for a clot in your leg, also known as a DVT. Prevent clots by drinking plenty of fluids, taking frequent walk breaks, or wearing compression stockings.
- Traveling is not recommended for women with pre-eclampsia, preterm labor or rupture of membranes.
- [Read more about travel during pregnancy here \(ACOG, 2021\).](#)

## BREASTFEEDING

- The World Health Organization (2021) recommends: **exclusive breastfeeding for the first 6 months of life** followed by the introduction of food while the mother continues to breastfeed for up to 2 years, or beyond.
- There are risks to not breastfeeding your baby - babies that are not breastfed have higher rates of childhood obesity, type 1 and 2 diabetes, leukemia and sudden infant death syndrome. Mothers that do not breastfeed are at higher risk for breast and ovarian cancer, obesity, type 2 diabetes, metabolic syndrome and cardiovascular disease ([Stuebe, 2009](#); [CDC, 2021](#)).
- Learn about breastfeeding here: [firstdroplets.com](#), [kellymom.com](#), [Illi.org](#)
- Find a lactation consultant near you: <https://uslca.org/resources/find-an-ibclc/>
- Also consider if you will need a breast pump, pump supplies, reusable breast pads; nursing bras; nipple ointment or a nursing pillow.

## MENTAL HEALTH

- 1 in 5 women experience depression during pregnancy or postpartum.**
- Are you at risk for perinatal mood disorders? Review [this tool](#) and bring any concerns to your provider at any visit ([Postpartum Support International, 2021](#)).
- Healing occurs through a variety of interventions - counseling, support groups, medication, and self care. Consider joining a support group [online](#) with Postpartum Support International.
- Unsure if you have signs of anxiety or depression? [Review signs of depression here.](#) [Review signs of anxiety here.](#) (Postpartum Support VA, 2020)
- National helplines are available 365 days, 24/7: 1-800-662-4357, in English/Spanish
- Prevention and timely access to help are important for you and your baby.**

# THE 24 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

### 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](http://ramseysolutions.com)

### OTHER

visit dentist  
review/obtain vaccine record  
obtain recommended vaccines  
read books on pregnancy  
visit [findhelp.org](http://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: National Health Service. (2021). Back pain in pregnancy. <https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/back-pain/>; Cedars-Sinai. (2021). Back pain during pregnancy. <https://www.cedars-sinai.org/health-library/diseases-and-conditions/b/back-pain-during-pregnancy.html>; Journal of Midwifery & Women's Health. (2005). Back pain during pregnancy. <http://www.midwife.org/ACNM/files/ccLibraryFiles/FileName/000000000624/Back%20Pain%20During%20Pregnancy.pdf>; American College of Obstetricians & Gynecologists. (2020). COVID-19 vaccination considerations for obstetric-gynecologic care. <https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/12/covid-19-vaccination-considerations-for-obstetric-gynecologic-care>; Postpartum Support International. (2021). Perinatal mental health discussion tool. <https://www.postpartum.net/wp-content/uploads/2019/05/PSI-Perinatal-Mental-Health-Discussion-Tool.pdf>; Postpartum Support Virginia. (2020). Path to wellness. [https://postpartumva.org/wp-content/uploads/2020/11/PSVA\\_PathToWellness\\_090820.pdf](https://postpartumva.org/wp-content/uploads/2020/11/PSVA_PathToWellness_090820.pdf). See disclosure on blog for use: [amidwifery.com](https://www.amidwifery.com); World Health Organization. (2021). Breastfeeding. [https://www.who.int/health-topics/breastfeeding#tab=tab\\_2](https://www.who.int/health-topics/breastfeeding#tab=tab_2); Stuebe, A. (2009). The risks of not breastfeeding for mothers and infant. *Obstetrics & Gynecology*, 2(4), 222-231. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2812877/>; Centers for Disease Control and Prevention. (2021). Breastfeeding. <https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/recommendations-benefits.html>; American College of Obstetricians & Gynecologists. (2021). Travel during pregnancy. <https://www.acog.org/womens-health/faqs/travel-during-pregnancy>; March of Dimes. (2021). Preterm labor and preterm birth. <https://www.marchofdimes.org/complications/preterm-labor-and-premature-baby.aspx>. See disclosure on blog for use: [amidwifery.com](https://www.amidwifery.com).

## RESOURCES and FAQs FOR YOUR 24 WEEK VISIT

### Back Pain

- [Back Pain during Pregnancy](#) (ACNM)
- [Back Pain during Pregnancy](#) (Cedars Sinai)

### Breastfeeding

- [First Droplets](#)
- [Kellymom](#)
- [La Leche League](#)

### Blood Transfusions in Pregnancy/Birth

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

### Mental Health in Pregnancy

- [A Perinatal Mental Health Discussion Tool](#) (PSI)
- Postpartum Support International  
Warmline:  
1-800-944-4773
- Online support groups:  
<https://www.postpartum.net/get-help/psi-online-support-meetings/>

### Preterm Labor

- [Preterm Labor](#) (March of Dimes)

### Travel during Pregnancy

- [Air Travel during Pregnancy](#) (ACOG).

### How do I find a midwife for my birth?

<https://www.midwife.org/find-a-midwife>

### 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)

### How do I prevent anemia in pregnancy?

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

### How do I treat my hemorrhoids in pregnancy?

[Hemorrhoids](#) (Intermountain Healthcare)

### 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)

## BOOK RECOMMENDATIONS FOR YOUR PREGNANCY

### 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 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

## 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 Mums 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](http://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)