

# THE 32 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 \_\_\_\_\_

## THE GOLDEN HOUR

The Golden Hour **is the first hour after the baby is born.** These five actions improve bonding, help your baby regulate temperature, and reduce stress levels in the baby and mother:

1. Delayed cord clamping
2. Placing the infant on the mother's direct skin after birth for at least one hour
3. Completing baby assessments while skin to skin
4. Initiating breastfeeding
5. Delaying other interventions until later (bathing, weighing the baby) (Neczypor & Holley, 2017).



## PREPARE FOR BIRTH

- Take a tour of your labor and delivery unit (in person or virtual).
- Take a class about what to expect during childbirth.
- Learn your hospital's visitor and mask policies while you are inpatient.
- Pack your hospital bag. (Don't forget your heating pad and snacks!)
- Install the car seat. [Find a place to get your car seat inspected here.](#)
- Make a plan for childcare for other children or members of your household, and for any pets you may have. Plan to have help for 2-3 days if needed.
- Make some meals/soups for your freezer for easy meals when you come home from the hospital. Try [these books](#) for some great freezer meals.
- Watch [The Period of Purple Crying](#) and the [5 S's by Dr. Harvey Karp](#).
- Know where to go or who to call when labor symptoms begin.

## MAKE YOUR BIRTH PLAN

- A birth plan is a written set of desires and expectations for a woman and her family during her labor, birth and postpartum period.
- Some evidence shows that women who complete a birth plan report higher satisfaction about their birth experience ([Mirghafourvand et al., 2019](#)). Other evidence demonstrates that a birth plan is related to fewer interventions, higher likelihood of natural birth and better outcomes for women and babies ([Hidalgo-Lopezosa, 2021](#)).
- Read more about limiting interventions during labor and birth here ([ACOG, 2019](#)).
- These sites offer birth plan templates: [March of Dimes](#); [The Bump](#); [Writing a Birth Plan](#)
- You can also create your own!
- Whatever method you choose, it is important to **review the plan with the provider** during your prenatal care and on admission to your birthing unit.

## PREPARE FOR BREASTFEEDING

- [First Droplets](#) offers the best information on the first few days of breastfeeding. Check out their infographics and videos.
- Take some free courses online and learn as much as you can about breastfeeding: [Breastfeeding Housecalls](#); [Stanford's Newborn Nursery; Milkology; Milk & Love](#) (course/free workbook!); [First Latch](#); [Medela; Three Bird Nest](#).
- Other great resources include: [Kellymom.com](#); La Leche League's [Breastfeeding A to Z page](#); [pumpspotting.com](#)
- Find your local LaLeche league group before your baby is born: [Illi.org](#)
- Ensure you have supplies to breastfeed: breast pump, pump supplies (tubing, phalanges, charge cord), reusable nursing pads, breast pump wipes, bag to carry pump, nursing bras, bags/bottles for pumped milk, cooler, nursing cover.

## MAKE YOUR POSTPARTUM PLAN

- The postpartum period has five universal postpartum needs: an extended rest period, nourishing food, loving touch, the presence of wise women and spiritual companionship and contact with nature. With these in mind, make your own postpartum plan. [Postpartum Support Virginia has a great one here.](#)
- Plan to **limit your screen time** (screen time can complicate sleep patterns and the mental break that our mind needs). Plan your **nursing station** (preferably near a window or a nice view); put a basket next to your station with blankets, burp clothes, nursing pads, a haakaa, a book or Kindle for you to read, a heating pad, nursing pillow and a blanket.
- Make yourself a postpartum basket in your bathroom with pads, tucks pads, epsom salts...
- Review warning signs to watch for in pregnancy and 1 year after birth: [Hear Her Concerns](#).
- Book recommendations: *The Fourth Trimester* by Kimberly Ann Johnson (2017)
- Other resources: [The 4th Trimester Project](#); [The Blue Dot Project](#); [Postpartum Support International](#); [Postpartum Education for Parents](#)

## NEXT VISIT...GROUP BETA STREP

- About 1 in 4 women carry a bacteria called GBS (group beta streptococcus) in their body.
- Newborn babies are at risk to develop GBS. In the United States, about 2,000 babies get early or late onset GBS disease in the newborn period each year.
- Pregnant women are screened for GBS between 36 and 37 weeks of pregnancy.
- If a woman tests positive for GBS, antibiotics are given during labor to prevent early onset disease. Antibiotics only work during labor.
- If a pregnant woman that is GBS positive receives antibiotics in labor, the baby only has a 1 in 4000 chance of developing GBS disease. If antibiotics are not received in labor, the baby has a 1 in 200 chance of developing GBS disease.
- The test is completed with a swab of the vagina AND the anus. Either the provider or the patient can collect the swab.
- [See how the swab is collected here \(CDC, 2020\).](#)

# THE 32 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](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: American Academy of Pediatrics, & American College of Obstetricians and Gynecologists. (2017). Guidelines for perinatal care (8th ed.). doi: 10.1002/14651858.CD003519.pub3; Johnson, K.A. (2017). *The fourth trimester: A postpartum guide to healing your body, balancing your emotions, and restoring your vitality*. Shambhala. Centers for Disease and Control and Prevention. Group b strep. [https://doi.org/10.1111/ijn.12722](https://www.cdc.gov/groupbstrep/about/fast-facts.html#:~:text=About%201%20in%204%20pregnant,onset%20GBS%20disease%20in%20Newborns;Neczypor,J.,&Holley,S.(2017).Providingevidence-basedcareduringthegoldenhour.NursingforWomen'sHealth,21(6),462-472.doi:10.1016/j.nwh.2017.10.011;Mirghafourvand,M.,MohammadAlizadehCharandabi,S.,Ghanbari-Homayi,S.,Jahangiry,L.,Nahae,J.,&Hadian,T.(2019).Effectofbirthplansonchildbirthexperience:A systematicreview.Internationaljournalofnursingpractice,25(4),e12722.<a href=);Hidalgo-Lopezosa,P.,Cubero-Luna,A.M.,Jiménez-Ruz,A.,Hidalgo-Maestre,M.,Rodríguez-Borrego,M.A.,&López-Soto,P.J.(2021).AssociationbetweenBirthPlanUseandMaternalandNeonatalOutcomesinSouthernSpain:A Case-Control Study. International journal of environmental research and public health, 18(2), 456. <https://doi.org/10.3390/ijerph18020456>

## RESOURCES and FAQs FOR YOUR 32 WEEK VISIT

### Birth

- [Birth Options after Having a Cesarean](#) (ACNM)
- FREE Birthing Classes
  - [Tucson Medical Center](#)
  - [Pampers](#)

### Birth Plan

- Sample templates: [March of Dimes](#), [The Bump](#), or [Writing a Birth Plan](#)

### Breastfeeding

- [Breastfeeding A to Z](#)
- [Breastfeeding during Pregnancy and Tandem Nursing](#)
- [Firstdroplets.com](#)
- [Kellymom.com](#)
- [La Leche League](#)
- [Pumpspotting](#)
- VIDEO: [Breastfeeding in the First Hour](#)
- VIDEO: [Breastfeeding.\(Global Health Media\)](#)

### Group Beta Strep

- [Group B Strep: Fast Facts \(CDC\)](#)

### Postpartum

- [HEAR Her Concerns \(CDC\)](#)
- [Postpartum Support International](#)
  - Online support groups:  
<https://www.postpartum.net/get-help/psi-online-support-meetings/>
  - [Warm line 1-800-944-4773](https://www.warmline.org/)

### Worried about your risk for postpartum depression or anxiety?

Complete this tool with your provider:  
[Perinatal Mental Health Discussion Tool](#)

### Take one of these FREE courses on breastfeeding...

- [Breastfeeding Housecalls](#)
- [First Latch](#)
- [Medela](#)
- [Milkology](#)
- [Milk & Love](#)
- [Stanford's Newborn Nursery](#)
- [Three Bird Nest](#)

### Where can I get a car seat safety check?

- [Car Seat Inspections](#)

### How is the GBS swab collected?

- [How GBS is Collected \(CDC\)](#)

### What postpartum resources are helpful to review before the baby arrives?

- VIDEO: [Dr. Harvey Karp's Secrets to Calming a Fussy Baby \(The 5 S's\)](#)
- VIDEO: [The Period of Purple Crying by Dr. Ronald Barr](#)
- [The 4th Trimester Project](#)
- [The Blue Dot Project](#)
- [Postpartum Education for Parents](#)

### What can I do to prepare for the postpartum period?

- Make some freezer meals! Check out cookbooks from [thrivinghome.com](http://thrivinghome.com) for the best freezer meals.
- Plan for your visitors - who would you like to visit and when...
- Make yourself a postpartum basket for your bathroom needs or a breastfeeding basket for your planned nursing area.

## BOOK RECOMMENDATIONS FOR BREASTFEEDING AND POSTPARTUM

### 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

## 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)