

THE 36 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 _____

CERVICAL EXAMS

- Your cervix is located in the back of your vagina.
- A cervical exam is done to check the dilation and effacement of the cervix, while also checking the baby's station in the pelvis.
- Some women elect to have their cervix checked in the clinic. Some women don't have their cervix checked until they present to triage in labor. Your cervical exam does not predict when you will go into labor.
- There should always be a reason to check your cervix and someone should always have permission to do so.
- Learn more about cervical exams [here](#).
- [This video](#) explains how the cervix thins and opens in labor.

THE BISHOP SCORE

Score	Dilation	Cervix Position	Effacement (%)	Station (-3 to +3)	Cervical Consistency
0	Closed	Posterior	0-30%	-3	Firm
1	1-2 cm	Mid-position	40-50%	-2	Medium
2	3-4 cm	Anterior	60-70%	-1 to 0	Soft
3	5-6 cm	---	80%	+1 to +2	---

The Bishop score assesses how favorable your cervix is for labor. First, a provider examines the cervix and the baby's station; then a score is calculated. Any score over 6 is considered favorable.

LABOR PAIN MANAGEMENT

- Pain management options are divided into nonpharmacologic and pharmacologic methods.
- Labor pain management is a combination of methods that are comforting to the woman.
- Nonpharmacologic methods** include: labor support from partners, doulas, friends, birth team; deep breathing; music; dimmed lights; limited TV; calm environments; frequent position changes; rocking; swaying; using a birthing ball; massage; counter pressure, hypnotherapy; yoga; stretching; hot bath or shower; hot packs or cold packs; aromatherapy; TENS units; sterile water injections.
- Pharmacologic methods:** intravenous medications; nitrous oxide; epidural.

INDUCTION OF LABOR

- Induction is when a woman is given medications or interventions to start labor before labor starts by itself.
- Inductions are either recommended by a medical professional for certain pregnancy conditions or done for elective or social reasons.
- Discussions about inductions should include shared decision-making with an emphasis on the alternatives, benefits and risks to each pathway. Read more on induction here:
 - [Position Statement on Induction \(ACNM\)](#)
 - [FAQs on Labor Induction \(ACOG\)](#)
 - [Induction of Labor \(ACNM\)](#)

PERINEAL MASSAGE

- Perineal massage is exactly what it sounds like. The vagina is gently massaged in the last month of pregnancy to help the tissue stretch and to help prevent or limit tearing of the vagina during birth.
- Perineal massage isn't for everyone, but it is easy to perform at home by the woman or her partner.
- Studies found that perineal massage reduced tearing by about 10-20%, reduced episiotomies by 20%, reduced postpartum pain and improved healing (Abdelhakim et al., 2020; Beckmann & Stock, 2013).
- Learn how to perform perineal massage here: [How to Do Perineal Massage \(ACNM\)](#).

PACK YOUR HOSPITAL BAG!

- Most hospitals provide (and these are included in your hospital bill): infant diapers, wipes and a onesie or shirt; postpartum underwear, dermoplast, tucks pads and postpartum pads for the mama; pain medication; hospital socks; hospital gowns; lanolin nipple cream or similar; bobby pillow or pillows for nursing; towels.
- The minimum recommended items for your bag: toiletries (ponytail holders, deodorant, travel size shampoo/conditioner, mouthwash, floss); a heating pad; chapstick; a comfy couch blanket; preferred pillow; book to read; an outfit to wear in labor if you don't want to wear hospital gown; comfy sweats or PJs after birth.
- Other items to consider packing: slippers; 1-2 infant onesies; infant pacifier; phone charger; nursing bras; nipple ointment or balm; bathrobe; snacks; aromatherapy/diffuser; TENS unit; LED candle lights; car seat.

THE 36 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 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: Abdelhakim, A. M., Eldesouky, E., Elmagd, I. A., Mohammed, A., Farag, E. A., Mohammed, A. E., Hamam, K. M., Hussein, A. S., Ali, A. S., Keshia, N., Hamza, M., Samy, A., & Abdel-Latif, A. A. (2020). Antenatal perineal massage benefits in reducing perineal trauma and postpartum morbidities: a systematic review and meta-analysis of randomized controlled trials. *International urogynecology journal*, 31(9), 1735–1745. <https://doi.org/10.1007/s00192-020-04302-8>; American College of Obstetricians and Gynecologists. (2019). Approaches to limit intervention during labor and birth. Committee Opinion, Number 766. <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2019/02/approaches-to-limit-intervention-during-labor-and-birth>; Beckmann, M. M., & Stock, O. M. (2013). Antenatal perineal massage for reducing perineal trauma. *The Cochrane database of systematic reviews*, (4), CD005123. <https://doi.org/10.1002/14651858.CD005123.pub2>; BirthTOOLS. (2022). Coping with labor. <https://birthtools.org/MCC-Coping-with-Labor>; Buglione, A., Saccone, G., Mas, M., Raffone, A., Di Meglio, L., di Meglio, L., Toscano, P., Travaglino, A., Zapparella, R., Duvol, M., Zullo, F., & Locci, M. (2020). Effect of music on labor and delivery in nulliparous singleton pregnancies: a randomized clinical trial. *Archives of gynecology and obstetrics*, 301(3), 693–698. <https://doi.org/10.1007/s00404-020-05475-9>; Gomez Slagle, H. B., Hoffman, M. K., Fonge, Y. N., Caplan, R., & Sciscione, A. C. (2022). Incremental risk of clinical chorioamnionitis associated with cervical examination. *American journal of obstetrics & gynecology* MFM, 4(1), 100524. <https://doi.org/10.1016/j.ajogmf.2021.100524>; Taavoni, S., Sheikhan, F., Abdolalihan, S., & Ghavi, F. (2016). Birth ball or heat therapy? A randomized controlled trial to compare the effectiveness of birth ball usage with sacrum-perineal heat therapy in labor pain management. *Complementary therapies in clinical practice*, 24, 99–102. <https://doi.org/10.1016/j.ctcp.2016.04.001>; Tamvisut, R., Traisrisilp, K., & Tongsong, T. (2018). Efficacy of aromatherapy for reducing pain during labor: a randomized controlled trial. *Archives of gynecology and obstetrics*, 297(5), 1145–1150. <https://doi.org/10.1007/s00404-018-4700-1>; Wormer, K. C., Bauer, A., & Willford, A. E. (2021). Bishop Score. In *StatPearls*. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK470368/>

RESOURCES AND FAQs FOR YOUR 36 WEEK VISIT

Birth

- VIDEO: [Positions for birth](#)
- VIDEO: [What to expect in labor](#)
- VIDEO: [What to expect in birth](#)
- VIDEO: [Caring for yourself and baby after birth](#)

Group Beta Strep

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

Induction

- [Position Statement on Induction \(ACNM\)](#).
- [FAQs on Labor Induction \(ACOG\)](#).
- [Induction of Labor \(ACNM\)](#).

Labor Pain Management

- [Coping with Labor Pain \(ACNM\)](#).
- [Healthy Birth Practices \(Lamaze International\)](#).
- [Managing Pain in Labor \(American Family Physicians\)](#).
- [Medications for Pain Relief During Labor and Delivery \(ACOG\)](#).
- [Using Medication to Cope with Pain \(ACNM\)](#).
- [Using Water for Labor and Birth \(ACNM\)](#).

What is a vaginal exam (cervical exam)?

VIDEO: [The Vaginal Exam](#) (Global Health Media)

What are the 3 R's of labor?

VIDEO: ["Three R's of Labor"](#) by Peggy Simkin

Is perineal massage for me?

- [How to Do Perineal Massage \(ACNM\)](#)
- Podcast recommendation: [Evidence Based Birth #216 - The Evidence on Prenatal Perineal Massage for Preventing Tears in Childbirth with Dr. Rebecca Dekker](#)

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](#)

BOOK RECOMMENDATIONS FOR POSTPARTUM, BREASTFEEDING & MEAL PREP

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?](#)
- [Birthing Classes \(FREE!\): Tucson Medical Center \(YouTube\); Pampers](#)
- [Breastfeeding Courses \(FREE!\): Breastfeeding Housecalls; Stanford's Newborn Nursery; Milkology; Milk & Love \(course/free workbook\); First Latch; Medela; Three Bird Nest.](#)
- [Breastfeeding Resources: Kellymom.com; firstdroplets.com; Illi.org; pumppotting.com](#)
- [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
- [Postpartum Resources: The 4th Trimester Project; The Blue Dot Project; Postpartum Support International; Postpartum Education for Parents; The Period of Purple Crying](#) (video)
- 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)