

THE 39-40 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.
- After a provider checks your cervix, they should be able to tell you your Bishop score (see the back of the handout for the Bishop score table!)

GROUP BETA STREP PROPHYLAXIS

- If you tested positive for group beta streptococcus at 36-37 weeks of pregnancy, intravenous antibiotic treatment is recommended during your labor to reduce the chance of your baby developing GBS disease.
 - For a woman that receives antibiotics in labor, her baby has a **1 in 4,000** chance of developing GBS disease.
 - For a woman that does not receive antibiotics during labor (or births her baby before antibiotics are given), her baby has a **1 in 200** chance of developing GBS disease.
- Some treatments are not effective: There is not a vaccine to prevent GBS disease; antibiotics by mouth are not effective; antibiotics before labor are also not effective (the bacteria grows back when the medication is stopped); and birth canal washes are also not effective ([CDC, 2021](#)).

MEMBRANE SWEEP

- A membrane sweep is a cervical exam with one or two of the provider's fingers. If the cervix is open, the provider sweeps a finger in a circular motion to release the amniotic sac (the bag of water) from the cervix.
- A membrane sweep cannot be done if your cervix is closed.
- The sweep is typically done at 39 to 40 weeks. Women that undergo a sweep are more likely to go into spontaneous labor and less likely to need an induction ([Finucane et al., 2020](#)). Sometimes a sweep is done at the start of an induction.
- A membrane sweep is uncomfortable for most women.
- After a sweep, some pink or bright red discharge and bleeding is common. Contractions are also common up to 24 hours after a sweep if performed. If there is some bleeding on the provider's glove after the visit, you will likely have some discharge or bleeding when you get home.
- Discuss whether this intervention is appropriate for you with your provider!

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 medical reasons or 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, the patient's history, and the trends of the birth facility**. Read more on induction here:
 - [Position Statement on Induction \(ACNM\)](#)
 - [FAQs on Labor Induction \(ACOG\)](#)
 - [Induction of Labor \(ACNM\)](#)

WHEN DO I GO TO THE HOSPITAL?

- When you are having contractions...**
 - Contractions should last a minute, occur every 5 minutes, for at least two hours, before presenting to hospital.
 - If you have had babies quickly before, consider going to the hospital sooner based on your provider's guidance.
- When your bag of water breaks...**
 - If group beta strep positive, present to triage/hospital soon after your bag of water breaks
 - If group beta strep negative, call your on call provider
- For a scheduled procedure...induction of labor or planned cesarean birth.**
- For any vaginal bleeding, decreased fetal movement, fever/chills, or other concerns.**

WHAT TO EXPECT ON THE POSTPARTUM UNIT:

- Most women stay 1-2 days on the postpartum unit; for high risk or very sick women, sometimes a stay of 3-4 days is recommended.
- Each day, a nurse will take care of you and the baby for a 12 hour shift. They will take your vital signs, check on your bleeding, offer education and support and help manage your pain/discomfort.
- Each day, a provider will see you to ensure you are meeting your milestones.
- You are usually able to shower within 12-24 hours after the birth depending if you had an epidural or not.
- You will have an IV in place per hospital policy or provider orders.
- Some units have lactation consultants as well - be sure to ask what your unit has!

THE 39-40 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: Centers for Disease Control and Prevention. (2021). Preventing Group B Strep Disease in Newborns. <https://www.cdc.gov/groupbstrep/about/prevention.html>;
Finucane, E., Murphy, D., Biesty, L., Gyte, G., Cotter, A., Ryan, E., Boulvain, M., & Devane, D. (2020). Membrane sweeping for induction of labor. Cochrane Database of Systematic Reviews. <https://doi.org/10.1002/14651858.CD000451.pub3>;

MY CERVICAL EXAM

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	---

MY BISHOP SCORE:

RESOURCES FOR YOUR 38 WEEK VISIT

Birth

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

Breastfeeding

- [Firstdroplets.com](http://firstdroplets.com)
- kellymom.com
- VIDEO: [Breastfeeding in the First Hour](#)

Group Beta Strep

- [Group B Strep: Fast Facts \(CDC\)](#).
- [How GBS is Collected \(CDC\)](#).

Eating in Labor

- [Cochrane Study \(2013\)](#).

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

Membrane Sweep

- [What is a membrane sweep? \(Cleveland Clinic\)](#)

Vaginal exam

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

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](#); [pumpspotting.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 \(ACNM\)](#)