

Your Pregnancy



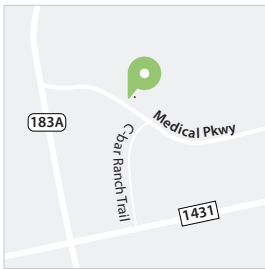
Congratulations on Your Pregnancy!

We at Austin Regional Clinic congratulate you on your pregnancy and provide you with this booklet to encourage you to take the best care of yourself and your baby during the prenatal months.

Use this information as a prenatal care guide. If you have questions, feel free to call your obstetrician's office during office hours. Our After Hours Care is available for immediate concerns when the offices are closed.

For After Hours Care and 24-hr phone nurse, call 512-346-6611

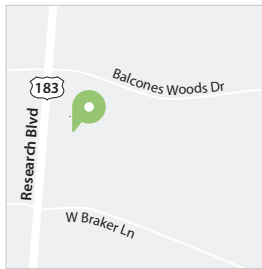
ARC Obstetrics & Gynecology Locations



ARC Medical Plaza Specialty

1401 Medical Parkway
Building B, Suites 200 & 220
Cedar Park, TX 78613

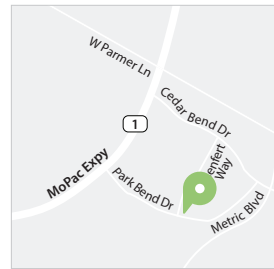
512-260-1581



ARC Seton Northwest

11111 Research Blvd
Suite 475
Austin, TX 78759

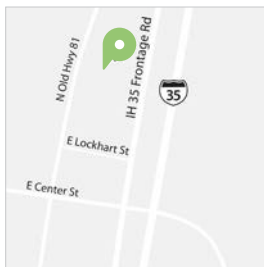
512-338-8181



ARC North Austin Ob/Gyn

12201 Renfert Way
Suite 250
Austin, TX 78758

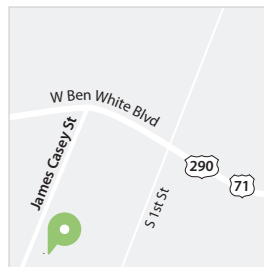
512-994-2662



ARC Center Street

22420, I-35
Suite #203
Kyle, TX 78640

737-404-0347



ARC South Ob/Gyn

4315 James Casey St
Suite 200
Austin, TX 78745

512-383-9752

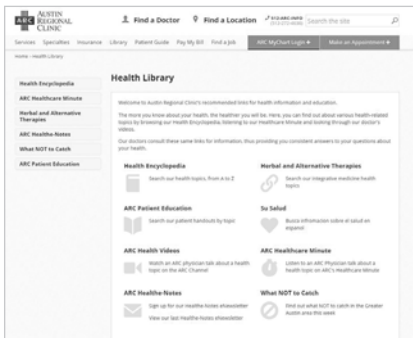
Table of Contents

Welcome	3
<i>Routine Laboratory Tests</i>	4
<i>Important Phone Numbers</i>	5
<i>Resources</i>	5
<i>Nutritional Guide</i>	6-7
First Trimester	9
Second Trimester	13
Third Trimester: The Home Stretch	21
<i>Selecting a Pediatrician</i>	23
<i>Packing Your Suitcase</i>	31
<i>Signs of Labor</i>	32
Now That Your Baby's Here	33

ARC Patient Resources

Health Library & Preparing for Pregnancy

Visit our Health Library and Preparing for Pregnancy pages on **AustinRegionalClinic.com** for more health information to help guide you through your pregnancy.



Mobile Pregnancy Apps

Here are a few free mobile apps.



Text4Baby
by Johnson+Johnson



BabyBump
by alt12apps



My Pregnancy Center
by BabyCenter



I'm Expecting
by MedHelp



Sprout Baby
by Med ART Studios



TRIMESTER	MONTH	WEEK
1	ONE	1-4
	TWO	5-8
	THREE	9-13
2	FOUR	14-17
	FIVE	18-21
	SIX	22-26
3	SEVEN	27-30
	EIGHT	31-35
	NINE	36-40

Welcome

Welcome to the **Obstetrical Department** of Austin Regional Clinic. This booklet is designed to provide you with useful information for the next 40 weeks of your pregnancy. We have a well-balanced healthcare plan to guide you during this passage which culminates with delivery of your baby.

Our healthcare team consists of physicians, physician assistants, nurse practitioners, nurses, and medical assistants who are ready to answer any of your questions. Always feel at ease to speak with them regarding your concerns.

The Next Forty Weeks

The average pregnancy is 40 weeks, which is counted from the first day of your last period. This is divided into trimesters, each three months long. The first trimester is from week 1 to 13, the second includes weeks 14 to 27 and the third trimester is week 28 through delivery. Ideally, we prefer the initial prenatal visit to be scheduled around 6–8 weeks. Frequency of visits are generally every four weeks until the 28th week; then appointments change to intervals every 2 weeks. Appointments are scheduled weekly for the last month of pregnancy.

As part of the ARC Advantage, one of ARC's Obstetricians or hospitalist is assigned to your hospital care 24 hours a day. Therefore you can rest assured that a physician will be available when you arrive. Each physician's "call days" vary from week to week, so your primary obstetrician may not be "on call" when your delivery time comes. However, another OB physician from our practice will be there to give you the care you need, when you need it.

The Obstetrics and Gynecology Department wants you to be informed and actively involved with the development of your baby. This diary of your pregnancy is designed to help you track your body changes and awareness of your baby's stages of development.

Please bring this booklet every time you visit your obstetrician, physician assistant, or nurse practitioner. Use it to record the various vital signs at each visit as well as any observations or questions you have during a particular month. By the end of your pregnancy, you will have a written record of the month-to-month development of your child.

Your Information

Height: _____

Age: _____

Normal Weight: _____

Blood Type: _____

Routine Laboratory Tests

Initially, we will obtain blood laboratory studies which will include the following: complete blood count (to check for anemia and the presence of infection), blood type and Rh factor, rubella immunity status, hepatitis B, HIV, and a syphilis test as required by the state of Texas. A urine sample is also required to screen for bacteria. A pap smear, gonorrhea, and chlamydia cervical cultures will be processed too.

Daily use of prenatal vitamin DHA is recommended and will be further discussed at your visit. At some locations the physician assistant or nurse practitioner will obtain your complete medical history and perform a comprehensive physical examination, including a pelvic exam. She will help you select a primary obstetrician for continuation of your prenatal care.

A flu vaccine is recommended and given at this visit if the timing of your pregnancy coincides with the seasonal risk of exposure.

Subsequent visits will be briefer, with an emphasis on uterine growth, fetal heart tone, urine protein screening, blood pressure, and weight monitoring. **At 28 weeks** we will recheck your blood count, HIV test, and screen your blood sugar level for diabetes of pregnancy (glucola test). This will be a one hour visit, please plan accordingly. **At 36 weeks**, a vaginal exam will include screening for Group B strep.

Warning Signs

The symptoms listed below do not necessarily indicate a serious problem in your pregnancy, but can be a sign that further evaluation is needed. Please contact your obstetrician immediately if you have any of the following symptoms:

- passage of tissue or tissue-like substance with or without bleeding
- any vaginal bleeding more than “spotting,” particularly if accompanied by abnormal cramping
- persistent vomiting or diarrhea – more than 24 hours, unable to keep down liquids
- vaginal discharge that itches, is very irritating, or has a foul odor
- continued abdominal pains not relieved by a bowel movement
- fever of 101° or greater that persists for more than 24 hours
- burning or otherwise painful urination
- blood in urine
- excessive swelling of feet, hands, face, particularly if accompanied by persistent headaches, blurred vision, or fainting
- lack of fetal movement in a 2 hour period in the 3rd trimester
- leaking or gush of water from vagina during the last half of pregnancy
- regular uterine contractions 5 minutes apart lasting 30-45 seconds

Important Phone Numbers

ARC Center Street	737-404-0347
ARC Medical Plaza Specialty	512-260-1581
ARC Far West Medical Tower	512-346-8888
ARC Kyle Plum Creek	512-295-1333
ARC North Ob/Gyn	512-994-2662
ARC Seton Northwest	512-338-8181
ARC South Ob/Gyn	512-383-9752
Cedar Park Regional Medical Center	512-528-7000
Ascension Seton Northwest Hospital	512-324-6000
Ascension Seton Hays Hospital	512-504-5000
St. David's North Austin Medical Center	512-901-1000
St. David's South Austin Hospital	512-447-2211
ARC After Hours	call your clinic and press "1"

Resources

The following are publications and resources that may interest you:

www.whattoexpect.com

A website from the authors of *What to Expect When You're Expecting*.

www.parents.com/pregnancy

A guide through every trimester of your pregnancy, helping you understand what's happening to your pregnant body and developing baby.

www.AustinRegionalClinic.com

The ARC website provides links to resources that could be of interest to expectant mothers. Click on "**Health Library**" for more information.

www.cnpp.usda.gov/mypyramid-graphics

USDA Dietary Guidelines. This website can give you detailed information about special nutritional needs when you are pregnant or breastfeeding.

Expecting 411

The insider's Guide to Pregnancy and Childbirth by Michele Hakakha

Nutrition

Pregnancy requires additional nutrients to keep you and your baby healthy. But, that does not mean you need to eat twice as much. Try to minimize calorie rich foods low in nutrients. Add healthy snacks like yogurt, nuts, hard-boiled egg, or fresh fruits and vegetables.

Do not partake in weight loss diets during pregnancy. If you do, your unborn baby

Nutrition cont.

might not receive the adequate amounts of protein, vitamins, and minerals. Low-calorie diets can break down a pregnant woman's stored fat. This can lead to the production of substances called ketones, which requires medical attention if the ketones build up in the blood.

Nutrition Guide

	Milk & Dairy 1-2 servings/meal	Bread & Cereal 6-9 servings, daily
Overview	<p><i>Good sources of calcium for strong bones and teeth.</i></p> <ul style="list-style-type: none"> • Vitamin A & D • Protein • B Vitamins 	<p><i>Whole-grain products and enriched products contain:</i></p> <ul style="list-style-type: none"> • Iron • B Vitamins • Minerals • Fiber
	<p>One Serving of Dairy =</p> <ul style="list-style-type: none"> • 1 cup of milk or yogurt, • 1 1/2 oz natural cheese, • 2 oz processed cheese 	<p>One Serving of Cereal/Bread =</p> <ul style="list-style-type: none"> • 1 cup ready-to-eat cereal • 1/2 cup of cooked cereal, rice, or pasta • 1 slice bread
Breakfast	<ul style="list-style-type: none"> • low-fat or non-fat milk • yogurt • cheese 	<ul style="list-style-type: none"> • oatmeal • whole grain bread • ready-to-eat cereal: whole wheat cereal flakes, muesli
Lunch	<ul style="list-style-type: none"> • low-fat or non-fat milk • cheeses: cheddar, mozzarella parmesan, cottage, feta 	<ul style="list-style-type: none"> • whole grain buns or rolls • whole wheat tortillas • whole wheat crackers
Dinner	<ul style="list-style-type: none"> • low-fat or non-fat milk • pizza • lasagne 	<ul style="list-style-type: none"> • rice • cornbread • whole wheat pasta
Snacks	<ul style="list-style-type: none"> • frozen yogurt • ice cream 	<ul style="list-style-type: none"> • popcorn • whole wheat crackers



Things to Avoid

Don't smoke tobacco. Smoking during pregnancy passes nicotine and cancer-causing toxins to your baby.

Don't drink alcohol. Both daily drinking and drinking an excessive amount of alcohol in a short amount of time (binge) during pregnancy can harm the baby.

Don't use illegal drugs. Marijuana, cocaine, heroin, speed (amphetamines), barbiturates, and LSD are very dangerous for you and your baby.

Nutrition Guide cont.

	Fruits & Vegetables 7 servings combined, daily	Meat, Fish & Beans 60 grams of protein, daily
Overview	<i>Fruits and vegetables are rich sources of fiber, vitamins and minerals. Fruits and vegetables with vitamin C help you and your baby to have healthy gums and other tissues, heal wounds and absorb iron.</i>	<i>Two or more 2-3 ounce servings of cooked lean meat, fish, or poultry without skin, or two or more 1 ounce servings of cooked meat contain about 60 grams of protein. The FDA recommends no more than 12 ounces of fish per week.</i>
	One Serving of Vegetables = <ul style="list-style-type: none"> • 1 cup raw leafy vegetables • 1/2 cup of other vegetables (raw or cooked) • 3/4 cup vegetable juice • 2 oz processed cheese 	One Serving of Protein = <ul style="list-style-type: none"> • 1/2 cup of cooked dried beans • 1 egg • 1/2 cup tofu • 1/3 cup nuts • 2T peanut butter
Breakfast	<ul style="list-style-type: none"> • 100% fruit juice • oranges • apples • grapefruit • cantaloupe 	<ul style="list-style-type: none"> • eggs • sausage • bacon
Lunch	<ul style="list-style-type: none"> • spinach or romaine salad • tomatoes • fruit salad 	<ul style="list-style-type: none"> • peanut butter • turkey • roast beef • garden burger
Dinner	<ul style="list-style-type: none"> • tomatoes • asparagus • broccoli • green peas 	<ul style="list-style-type: none"> • chicken • beef • salmon • pinto, black, navy beans
Snacks	<ul style="list-style-type: none"> • vegetable juice • celery • carrots • edamame 	<ul style="list-style-type: none"> • almonds • pistachios • sunflower seeds • edamame



Things to Avoid

Don't eat fish with high levels of mercury. *These include: swordfish, tilefish, king mackerel, shark, raw or uncooked fish or shellfish (e.g. clams, oysters, scallops), refrigerated uncooked smoked fish (labeled Nova-style, lox, kippered or jerky). NO sushi.*

Don't disregard foodborne illness. *Eat, cook, handle and clean food safely! For both mother and baby, foodborne illness can cause serious health problems.*

Don't use chemicals. *Products including herbicides, pesticides, paint, stains, and some cleaning solutions may be harmful to your baby. If you must use these things, wear gloves, a mask, and keep the room well-ventilated.*

First Month

1st

1st Week:

First day of
your last
normal
period.

2nd Week:

3rd Week:

Probable
date of
conception.

4th Week:

Notes:

First Trimester

Your Changing Body

By now you have missed one period. Some early physical changes you may notice are:

- enlarged and tender breasts
- weight gain or loss of almost 5 lbs
- fullness in pelvic area
- fatigue
- mood swings
- frequent urination
- nausea

Things to Consider

You should begin medical care as soon as you know you are pregnant.

- If you are a smoker, you should stop as nicotine exposure increases fetal risks especially low birth rate and preterm delivery.
- If you drink alcohol or use recreational drugs you should stop. Development effects on the fetus from fetal alcohol syndrome cannot be reversed. Recreational drug use may have many negative effects on you and your developing baby.
- Moderate exercise is good for you and your baby.

Avoid:

Over-heating or over exertion.

Your Baby's Growth and Development

The embryo has a head and a trunk. Features are beginning to form and limb buds appear. The heart forms and begins to beat on about day 25. The embryo is about ½" long and weighs less than 1 oz.

Common Concerns

Nausea and vomiting are usually the most common early discomforts of pregnancy. These suggestions may help to decrease the nausea and vomiting:

- Eat a high protein snack at bedtime.
- Eat dry crackers or cereal before getting out of bed.
- Avoid greasy fatty foods.
- Eat small frequent meals.
- Drink fluids between meals, but avoid excess fluids on an empty stomach.
- If possible, have someone prepare your meals.
- Vitamin B6—available in pill form or added to some supplements or drinks such as propel.

Your Personal Record

Today's Date: _____

Next Visit:

Blood Pressure: _____

Date: _____

Weight: _____

Time: _____

Second Month

2nd

5th Week:

The heart
is beating.

6th Week:

7th Week:

8th Week:



7 weeks

Milestone: *By the 7th week, your baby's heartbeat is visible on a sonogram.*

What to Expect

Your Changing Body

Your breasts continue to increase in size. The veins in the breasts become more noticeable. The increasing size of your uterus puts pressure on your bladder, resulting in frequent urination. You may notice that your gums are red, swollen, and have a tendency to bleed easily.

Things to Consider

- Get acquainted with the physical changes you are undergoing.
- Books, the internet, and the public libraries provide helpful information.
- Write down your questions and discuss them with your healthcare provider.

Your Baby's Growth and Development

By the 8th week, the embryo is called a fetus. By the tenth week, the major organs and body systems are in place. Eyelids, ears, ankles and wrists are formed. The placenta and membranes are formed. The fetus begins small, random movements, too slight to be felt. You may hear the baby's heart beat at your 12 week visit by doppler. The fetus weighs about 1 oz. and is 1–3 inches long.

Common Concerns

In addition to nausea and vomiting most women also experience increased fatigue and urination. Light-headedness may occur partly due to change in blood pressure. All of these reactions are normal but if you are concerned or if the symptoms seem extreme consult your provider or call ARC's telephone nurses. (See pg. 5)

Weight Gain

Average Total Weight Gain: 27 lbs

Baby Weight	7.5 lbs
Placenta	1.5 lbs
Uterus	2 lbs
Breasts	1 lbs
Body	8 lbs
Body Fat	7 lbs

Your Personal Record

Today's Date: _____

Next Visit:

Blood Pressure: _____

Date: _____

Weight: _____

Time: _____

Third Month

3rd

9th Week:

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10th Week:

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11th Week:

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12th Week:

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11 weeks

Milestone: *Baby's heartbeat can usually be heard in the 12th week with a Doppler.*

Second Trimester

Your Changing Body

At this point you are probably more comfortable wearing maternity clothes. Your normal energy level has returned. You may notice colostrum, a thick yellow mucous, leaking from your breasts. If you don't have complications it should be safe for you to continue sexual intercourse.

Things to Consider

- Begin thinking and making plans to choose a pediatrician, ask your provider, friends, or family for some recommendations. You may want to visit with the pediatrician before making your final selection. (See page 26 for more information about selecting a pediatrician).
- Complete your hospital registration form. Hospital preregistration is desired either by email, fax, or mail.
- Think about your plans after delivery. If you need to return to work outside the home you should research child care options.

Your Baby's Growth

The fetus has soft nails, teeth buds, kidneys and hair, and wakes and sleeps. The circulatory system is complete. The fetus is 4–6" long and weighs about 1–4 oz. By the end of 16 weeks women who have had babies before may begin to notice fetal movement. Record the day you feel your baby's first movements.

Common Concerns

You may have your hair colored or permed, but avoid if your scalp is infected or irritated. Research on hair dye during pregnancy is limited.

You may travel, however if air travel is involved, it is recommended to discuss travel plans with your physician before plans are finalized. Always use your car seat belt, with the lap belt low. Take frequent rest stops. Drink plenty of liquids. During the last 6 weeks of pregnancy, travel outside the Austin area is not advised.

The Second Trimester includes week 14 to 28.

Your Personal Record

Today's Date: _____

Next Visit:

Blood Pressure: _____

Date: _____

Weight: _____

Time: _____

Fourth Month

4th

13th Week:

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14th Week: Beginning of second trimester

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15th Week:

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16th Week:

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14 weeks

Milestone: Some women begin to feel the baby's movements at about 16 wks. If this is your first, you may not feel movement until 20-22 wks.

Second Trimester

Your Changing Body

The increasing size of your uterus causes the skin on the abdomen to stretch. This often feels like a burning or itching pain. You may have noticed an increased sensitivity to sun. Some women will notice definite skin pigment (coloration) changes. The dark areas generally will fade after delivery. Your breasts may have gotten larger. Some women will even have leakage of milky substance, colostrum, from the nipples.

Things to Consider

- Discuss breast/bottle feeding with your healthcare provider. If you decide to breast feed, begin collecting information. Ask your doctor to check your breasts and nipples if you have concerns.
- Prenatal exercise programs are an excellent choice to ease the aches and discomforts of pregnancy. You may need a signed release to participate in some programs.
- Select and begin assembling baby furniture—organize a room or corner of a room for your baby's arrival home.
- Select a car seat.

Your Baby's Growth and Development

Most women will have felt the baby's movements by week 23. The baby will have a rapid growth spurt by week 20. The baby is now about 8-12 inches long and weighs about ½-1 pound. Your baby will be more active, often perceived as somersaults with movement of both arms and legs.

Toenails and fingernails have grown to the ends of fingers and toes. The waking and sleeping cycles are now at very regular intervals. The internal organs are developing and maturing. The baby's heart beat can be easily heard by your doctor at each visit.

Common Concerns

If you exercise regularly be sure that you avoid: *Overheating and over exertion*. You should not use hot tubs or saunas, lift "heavy" weights, horseback riding, motorcycle ride, or scuba dive. When exercising beyond 20 weeks, DO NOT lay flat on your back.

Heartburn may become a problem as stomach space shrinks. Try eating six small meals a day. You may use low-sodium antacids like Tums, Mylanta, and Ripan or stomach acid reducers such as Zantac. Avoid fried and spicy foods, as well as carbonated and caffeine products.

Your Personal Record

Today's Date: _____

Next Visit:

Blood Pressure: _____

Date: _____

Weight: _____

Time: _____

Fifth Month

5th

17th Week:

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18th Week:

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19th Week:

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20th Week: 20-week ultrasound

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20 weeks

Milestone: Many women will feel movement by week 20.

Second Trimester

Your Changing Body

Most women find this time to be a period of change to fastest weight gain. You feel better, and your baby is growing rapidly. The increasing growth of the uterus may cause some shortness of breath.

Things to Consider

- Begin thinking about the kind of parenting skills you want to develop.
- Discuss parenting ideas with your partner. Remember good parenting skills are learned, so now is a good time to start!
- Begin thinking of names. You might find that you have very strong feelings about the name. Think about how the name will sound as an adult. Is it a name you would have liked? How do you feel about nicknames?

Your Baby's Growth and Development

Your baby is now about 11-14 inches long and weighs about 1-1½ pounds. All the baby's internal organs have developed and are continuing to mature. The baby's skin is wrinkled and covered with fine hair. Even though the baby looks like a miniature model of an infant, the baby's lungs and intestines are too immature to support the baby outside the womb. Around 18–20 weeks, another ultrasound is done to screen the fetal anatomy.

Common Concerns

You may feel a "catch," "stick," or stabbing pain in your side as your uterus stretches to accommodate the growing baby. Support your abdomen with a maternity support belt and move slowly to decrease these discomforts. If you are experiencing unusual abdominal pain, contact the office!

Your Personal Record

Today's Date: _____

Next Visit:

Blood Pressure: _____

Date: _____

Weight: _____

Time: _____

Sixth Month

6th

21st Week:

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22nd Week:

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23rd Week:

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24th Week:

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24 weeks

Notes:

Second Trimester

Your Changing Body

The increasing weight and size of the baby adds physical stress to your body. Some women will notice an increase in stretch marks on their abdomen and breasts. You may be aware of some Braxton-Hicks contractions. They are also known as “practice contractions”, because they will prepare you for the real thing. It is important to always notify your healthcare provider if you experience abdominal pain. You may notice some decrease in urinary frequency and upper abdominal pressure in the area near your rib cage. This is due to encroachment from uterine growth.

Things to Consider

- Discuss the various choices for childbirth classes with your doctor.
- Your provider recommends that you get the whooping cough prevention shot (Tdap) between 27-36th week of your pregnancy. Getting the whooping cough vaccine at this time gives your body time to create an immune response to whooping cough that is passed through your placenta to your baby. This gives your baby protection right away, since your baby can't get their whooping cough protection vaccine until after 6-8 weeks of life. Because your immune response's protective antibodies drop over time, you should get the vaccine with each pregnancy you have.
- Sign up for childbirth classes by week 28 if you want to take them. These classes are not mandatory but the information provided can help decrease fears of labor and provide techniques for you to use during labor.
- This is also a good time to sign up for baby care classes.
- If you haven't yet done so, complete the hospital pre-registration information.

Your Baby's Growth and Development

The baby continues a period of rapid growth, if born now, the chances for survival are improved. The baby will suck its thumb and open and close its eyes. The baby's bones are hardening. Movements may slow down by week 28 because of decreasing space. The baby weighs about 3 lbs and is almost 15 inches long. Imagine carrying around a 3 lb weight all day—it's no wonder you are tired and have back aches!

Common Concerns

Back pain increases as the size of the baby increases. Back exercises—such as arching the back—like a cat arches its back – can help to relieve back strain. Wear low heeled shoes, and avoid standing for long periods of time. Drink plenty of fluids. Call your provider if back pain increases without relief.

Your Personal Record

Today's Date: _____

Next Visit:

Blood Pressure: _____

Date: _____

Weight: _____

Time: _____

Seventh Month

7th

25th Week:

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26th Week:

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27th Week:

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28th Week:

Week 28 lab work will be done						
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Third Trimester: The Home Stretch

Generally the third trimester is a time of introspection and impatience for delivery. The end is in sight — but it may “feel” further away.

Your Changing Body

You tire more easily fatigued partly because of the baby’s increased weight. You may be able to detect the baby’s movements from the outside. As the baby continues to grow and pushes on your ribs and lungs you may find that your breathing tends to be short and shallow. If indigestion increases, frequent small meals and antacids may help. You may also have an increase in leg cramping. Stretching your legs before bedtime can help.

Things to Consider

- Begin in earnest to discuss what your name selections will be.
- Select a pediatrician if you have not already done so.
- Tour the hospital.
- Organize your childbirth bag.
- Solidify plans for help when you come home from the hospital.
- Finally, plan for child care for other children during labor and delivery.

Your Baby’s Growth and Development

Your baby is about 18 inches long and weighs about 5 lbs. Movements are slower but stronger. You can sometimes feel a hand, or elbow through your abdomen. The bones in the head are soft and flexible. The baby continues to gain weight and the internal organs continue to mature.

Common Concerns

Increasing vaginal pressure, back aches and fatigue are common concerns. As the baby grows the increased weight means extra stress on your body. Eating well, light exercise and adequate sleep will help relieve some of these normal discomforts. Any vaginal bleeding, regular contractions or leakage of fluid, should be reported to your healthcare provider immediately.

Note: Additional blood work is ordered around 28 weeks to screen for anemia, rescreening for HIV, and testing for diabetes of pregnancy. A vaginal culture for Group B strep bacteria is obtained by pelvic exam around 36 weeks. A Tdap vaccine is given to you and your partner around 28 weeks to protect your baby from whooping cough exposure.

The Third Trimester includes week 29 up to delivery.

Your Personal Record

Today’s Date: _____

Next Visit:

Blood Pressure: _____

Date: _____

Weight: _____

Time: _____

Eighth Month

8th

29th Week:

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30th Week:

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31st Week:

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32nd Week:

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baby responds to sound

Milestone: Your office visits will increase to once every 2 weeks.

Selecting a Pediatrician

A pediatrician is a physician who specializes in the treatment of children, from newborn through the end of high school.

When selecting a pediatrician there are several factors you should keep in mind.

- The location of the pediatrician's office; is it convenient to your home, work, or your child's daycare?
- Is the pediatrician board certified?
- Is there After Hours availability?
- Are there other pediatricians available to see your child when your pediatrician is not available?
- Does my doctor's office support the prevention of vaccine-preventable illnesses?

Convenient Locations

ARC offers 15 pediatric clinics in 9 cities and each one offers a diverse group of doctors to choose from. So there is surely an ARC pediatrician near you. With centralized electronic medical records, and our **ARC MyChart** patient portal, we make it easy for you to make an appointment, communicate with your baby's care team, and stay updated on needed well check visits and immunizations wherever you may be.

Board Certification

ARC pediatricians are all board certified or in the process of getting board certified by the **American Board of Pediatrics**. You can view their certification status on their bio page at AustinRegionalClinic.com/specialties/pediatrics.

After Hours Availability

ARC offers the added convenience of our **After Hours Clinics** open evenings, weekends, and holidays. They are located at **ARC Cedar Park, ARC Far West, ARC Kyle Plum Creek, ARC Round Rock, ARC Southwest**.

For those urgent concerns in the middle of the night we provide late-night phone nurses who can decide if you need to speak to an ARC pediatrician on call, go to the hospital, or make an ARC appointment for the next day. If you need an ARC appointment, we can schedule it for you any time 24/7, so you do not have to wait to call back in the morning. Our 24-Hr Phone Nurses are available at all ARC Clinics, simply call your ARC clinic and press "4".

Pediatrician Availability

If your child is ill and your regular pediatrician is already booked for the day or is on vacation, you can always make an appointment with another pediatrician in that office, or at any other ARC pediatric clinic.



Childhood Immunizations

All of our pediatricians share a preventive approach to medical care and support immunizations. At ARC it is important for us to keep all of our patients safe from preventable illness.

Children who are not vaccinated place other children and adults at risk of serious illnesses, therefore if you plan not to immunize your child, we prefer that you choose another practice. We do not want to place the rest of our patients or our staff at risk of contracting vaccine-preventable illnesses.

Meet & Greets

Many of the pediatricians offer, and even encourage, prenatal consultations and **Pediatric Prenatal Meet & Greet** events. This is a complimentary service and is a great opportunity for you to meet the provider who will care for your child.

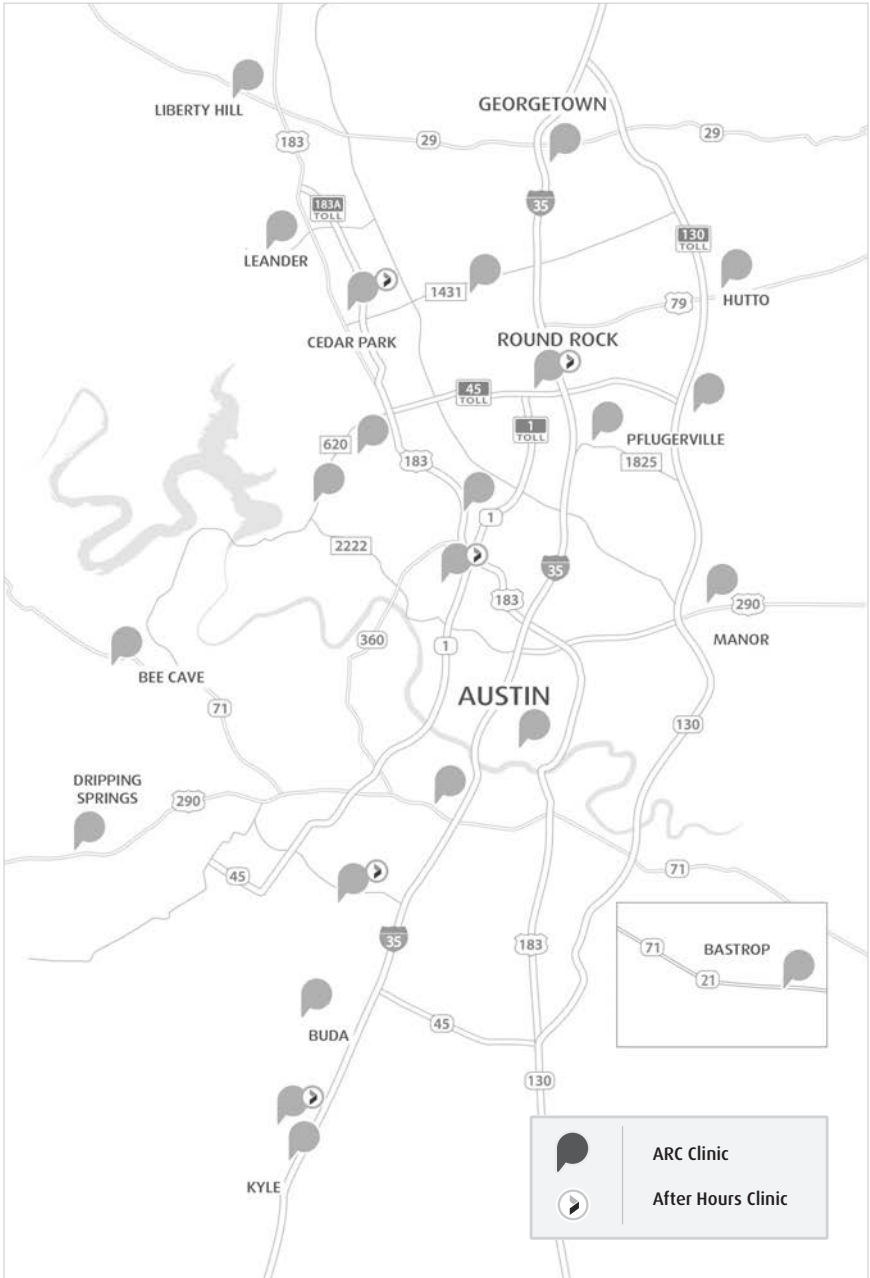
Topics often discussed at the Meet & Greet are:

- What to expect for your newborn in the hospital
- Answers to breastfeeding questions and where to find support
- When to come to clinic after your baby's hospital discharge
- Discussion of how to get your questions answered about your new baby

You can find more information about these events on the Services page at **AustinRegionaClinic.com** called **Preparing for your Baby**. You can also call the pediatric clinic closest to you to RSVP for the next prenatal Meet & Greet or arrange a prenatal consultation.

Questions? For more information about our pediatricians, please call our referral service at 512-ARC-INFO (512-272-4636) or visit the **Find a Doctor** page at **AustinRegionalClinic.com**, we will be happy to help you with your decision.

Austin Regional Clinic Pediatric Locations





Third Trimester

Your Changing Body

Colostrum leaking from your breasts may increase. You may experience strong Braxton-Hicks contractions. You may notice your belly button is protruding. People will frequently stop to ask your due date and inform you that they don't believe you'll go that long! Your cervix may begin to soften at about 36 weeks. Tying your shoes may not be possible – or shaving your legs.

Things to Consider

- Slow down. Rest frequently. Don't try to do too much.
- Finish plans on baby's room or sleeping area.
- Discuss possible circumcision with your pediatrician. Circumcision is not considered a medical necessity and the cost may not be covered by your insurance.
- Check with the hospital to be certain all your preregistration information is complete.
- Complete the list of people to call after your delivery and update your addresses for sending birth announcements.

Your Baby's Growth and Development

The baby's development is still increasing by weight, length, and organ maturity. The baby is gaining about ½ lbs per week, and may weigh close to 6 lbs by 36 weeks. The baby's skin is smooth and there are more deposits of baby fat.

Common Concerns

What is labor like? Will I recognize contractions?

Your Personal Record

Today's Date: _____

Next Visit:

Blood Pressure: _____

Date: _____

Weight: _____

Time: _____

Ninth Month

9th

33rd Week:

--	--	--	--	--	--	--	--

34th Week:

--	--	--	--	--	--	--	--

35th Week:

--	--	--	--	--	--	--	--

36th Week:

--	--	--	--	--	--	--	--



36 weeks

Milestone: Mom and baby are getting ready for the big day.

Third Trimester

Your Changing Body

The baby will settle lower into your abdomen. This will make breathing easier, but may increase frequency of urination. Your cervix will begin to soften and prepare for dilation. You will notice an increase in contractions. You may begin to lose your mucous plug before the actual onset of labor. You may notice increased swelling in your ankles and feet as well as some numbness or tingling in your feet or hands. Insomnia can be a difficult problem as your need for rest is increasing and your ability to remain comfortable and fall asleep is decreasing.

Things to Consider

- Finalize home arrangements for your hospital stay and the first few days at home.
- Pack a hospital bag for yourself and clothes for the baby.
- Check your route to the hospital. Make plans for transportation to the hospital if your partner is out of reach.
- Place phone numbers of your doctor's office, emergency call number, hospital number, and baby sitter number (if needed) close to your phone.

Your Baby's Growth and Development

The baby is getting into position for labor. It is curled with the knees against the nose and the thighs against the body. The baby weighs 6 or more pounds and is about 19-20 inches long. The lungs and digestive organs have matured. The hair covering the body has disappeared. The baby's movements may seem less vigorous but you should still feel the baby moving.

Am I Really in Labor?

You will experience regular contractions every 10 minutes for at least one hour that don't go away when you change positions.

Call your doctor immediately if:

1. you have leaking fluid or gush of fluid from the vagina
2. vaginal bleeding
3. the baby is not moving
4. severe persistent abdominal pain with no relief between contractions

Your Personal Record

Today's Date: _____

Next Visit:

Blood Pressure: _____

Date: _____

Weight: _____

Time: _____

Tenth Month

10th

37th Week:

--	--	--	--	--	--	--

38th Week:

--	--	--	--	--	--	--

39th Week:

--	--	--	--	--	--	--

40th Week:

--	--	--	--	--	--	--

Notes:

Packing Your Suitcase



About **two weeks** before delivery, pack your bag for your hospital stay.

For You:

- Pillow
- Slippers
- Socks
- Nursing bras or cami top
- Robe
- Two gowns
- Underwear
- Nursing pads
- Toothbrush & Toothpaste
- Hairbrush & Hair ties
- Shampoo
- Deodorant
- Glasses or Contacts
- Chapstick
- Cosmetics
- Gum
- Drinks & Snacks
- Magazines
- ID & Insurance cards
- Cell phone & Charger
- Pen
- Birth plan
- Camera
- Going home outfit

For Baby:

- Scratch mittens
- Hat
- Receiving blanket
- Nursing pillow
- Carseat
- Going home outfit

Your Contacts:

Signs of Labor

The beginning of labor is a very individual process. Each person may experience labor in a different way. Some signs of labor which most often occur are:

1. Regular contractions. These contractions do not change or stop if you lay down to rest. They increase in duration and intensity as labor progresses.
2. Bloody show. A pink mucousy discharge. If you have vaginal bleeding, call your doctor.
3. A gush or trickle of fluid from the vagina. If you believe your water has broken, call your doctor immediately.

Important Phone Numbers

ARC Medical Plaza Specialty	512-260-1581
ARC Far West.....	512-346-6611
ARC Kyle Plum Creek	512-295-1333
ARC North Ob/Gyn.....	512-994-2662
ARC Seton Northwest	512-338-8181
ARC South Ob/Gyn.....	512-383-9752
Cedar Park Regional Medical Center	512-528-7000
Ascension Seton Northwest Hospital	512-324-6000
Ascension Seton Hays Hospital	512-504-5000
St. David's North Austin Medical Center	512-901-1000
St. David's South Austin Hospital	512-447-2211
ARC After Hours.....	call your clinic and press "1"



Your Delivery Record



Today's Date: _____

Time Labor Started: _____

Time of Delivery: _____

Date of Delivery: _____

Delivery Doctor: _____

Labor and Delivery Nurse: _____

Pediatrician: _____

Baby's Nurse: _____

Baby's Nurse: _____

Baby's Weight: _____

Baby's Length: _____

Head Circumference: _____

Apgar Score: _____

Observations: _____

Congratulations on your delivery!

AFTER HOURS *care*

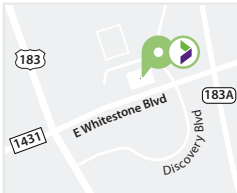
Our doctors are here for you
nights, weekends and holidays^{*}

Mon-Fri: 5pm-9pm
Sat & Sun: 8am-5pm

[ARCCare.com](https://www.arccare.com)

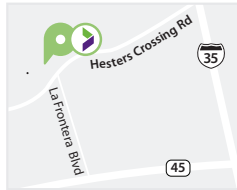
or call any clinic & press "1"

**Daytime hours also available at after hours locations.*



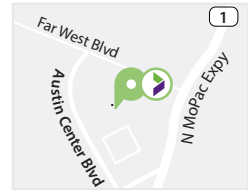
ARC CEDAR PARK

801 E Whitestone Blvd
Building B, Suite 101
Cedar Park, TX 78613
512-259-3467



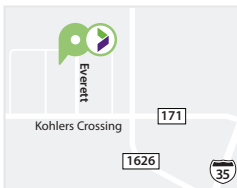
ARC ROUND ROCK

940 Hesters Crossing Rd
Round Rock, TX 78681
512-244-9024



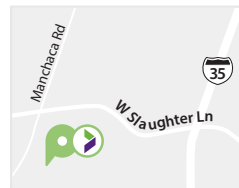
ARC FAR WEST

6835 Austin Center Blvd
Austin, TX 78731
512-346-6611



ARC KYLE PLUM CREEK

4100 Everett, #400
Kyle, TX 78640
512-295-1333



ARC SOUTHWEST

1807 W Slaughter Ln, #490
Austin, TX 78748
512-282-8967