

## The Third Trimester (28 to 40 weeks)

*You are closer to the end of your pregnancy! With the last trimester your body will continue changing. If you have any concerns, or you feel sad or unsure, contact your Care Team. If you have other children this is a great time to prepare them for the new sibling. The closer you are to the due date, the more your body prepares itself for delivery of your baby. Below we share with you the most common changes your body will go through during the third and final trimester.*

**Body pain:** You may have a backache, pain under the ribs, in the groin, over the pubic bone, or experience leg cramps. The best thing to do is change your position. Avoid standing for a long time and sleep with a pillow behind your back and between your knees. Stretching helps the pain and is good for the body.

**Braxton Hick's contractions:** You may feel your stomach get hard but should not be painful. These contractions do not come at regular times like real contractions. Rest when you need to and drink eight to 10 glasses of water a day to stay hydrated.

**Swollen feet, ankles and hands:** Your feet, ankles and hands may look swollen or puffy. If your rings start to feel tight take them off. Raise your legs when you are sitting or lying down. Try going for a swim to help with swelling and drink water regularly.

**Vaginal discharge:** You may have more white or yellow discharge. This is normal. Wear cotton underwear. Remember, do not wash inside your vagina or douche

**Varicose veins:** The veins in your legs may stick out or seem bigger. Raise your legs when you sit or lie down. Try not to sit, stand or cross your legs for a long time. Support stockings can help.

**Mood changes:** You may feel tired of being pregnant, excited and scared about birth, or eager to get everything done. Have a support system on hand, like a family member or friends and always talk to your provider about what you are feeling.

# Getting Ready for Baby

## Picking a provider for your baby

A provider for your baby may be a doctor (pediatrician or family medicine doctor) or a nurse practitioner. Mountain Park Health Center offers pediatricians at all eight locations. You may get the opportunity during one of your last visits with your own provider to meet your baby's provider while pregnant.

## Baby Box program

Every expectant mom who receives prenatal care through Mountain Park will get a Baby Box at no cost. Moms receive the box around 35 weeks into their pregnancy. The Baby Box contains safe and much needed products for mom and baby to use during the first year of her baby's life. The sturdy box can also be used as a safe place for baby to sleep.

## Circumcision for boy babies

Circumcision removes the foreskin from the penis. Some people decide to do this, while others do not. Talk to your provider to learn more.

## Tests for new babies

- Hearing test: Your baby will have a hearing test after birth.
- Newborn screening test: This is a blood test to check your baby for diseases that can be treated.

## What to pack when you go to the hospital

- Lip balm and hair ties
- Several sets of spare underwear
- A change of clothes to wear home for you and baby
- Comfortable support bra or nursing bra
- Toothbrush, deodorant lotion
- A car seat

## Childbirth prep class

Banner University Medical Center offers parents childbirth classes. These classes go over what parents may expect during delivery. The classes help parents feel more prepared for the special day. Register online at [www.bannerhealth.com](http://www.bannerhealth.com). If you are an AHCCCS participants please call 602-230 CARE to register.

## OB tour at Banner University Medical Center, Phoenix

A free one and a half hour tour gives you a glimpse into the hospital you will be delivering your baby at. Register online at [www.bannerhealth.com](http://www.bannerhealth.com) or call [602-230-2273](tel:602-230-2273).

Both classes are held at Banner University Medical Center Phoenix, 3rd floor, Prenatal Classroom. Use the parking garage on 12<sup>th</sup> street and enter through the 3rd floor parking garage Maternity Entrance.

## How to Tell if You are in Labor

You have regular contractions every three to five minutes that do not change no matter what you do. If the contractions are regular but not strong yet, you may stay at home and continue with normal activities until they are painful where you cannot text/talk, walk through, and then go to the hospital.

You may have bloody discharge that is pink, light red or brown. This may be just when you wipe or with a lot of mucus. This is normal and an early sign of labor. It is not necessary to come to the hospital. Heavy bleeding like a period is not normal and go to the hospital.

Your water bag breaks. This could be a large gush of fluid or a constant leak. Go to the hospital even if contractions haven't started yet.

## Reasons to go to the hospital right away

- You have a bad headache that does not go away with taking Tylenol and resting.
- Your baby is not moving as much as usual and you have tried to feel the baby move after resting and drinking something cold.
- You are not due yet, and you are having labor signs as listed above.
- You have been given specific instructions by your provider

## Address for Banner University Medical Center, Phoenix

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