



28 WEEK UPDATE

FETAL MOVEMENT:

Movement tells us that the baby is getting proper oxygen and nutrients from the placenta. It is normal for some babies to be more active than others. It is also normal for babies to have certain times during the day when they are more active. If you are ever concerned about your baby's movement, we would like you to count the length of time it takes your baby to move 10 times.

If the baby is not moving normally, you should eat or drink something cold and sugary and then lie down. Count the baby movements. If your count is less than six (6) during a 1 hour time period you should call the Birth Center immediately any time of the day. Please do not hesitate to call even if you are feeling movement, but it is different than you usually feel.

PRETERM LABOR:

Most women will not experience preterm labor; however we would like you to be aware of the signs and symptoms. As you know, your uterus is a muscle and contractions are how it gets ready for labor. This is normal. If your contractions are high, irregular, and not painful, these are known as Braxton-Hicks contractions and are not alarming. But, if there is a tightening of the abdomen and lower back, which is painful, continuous, and there is vaginal bleeding, you should call the Birth Center right away any time of the day.

Furthermore, you may notice increased clear vaginal discharge during pregnancy. This is normal. However, if you notice that your discharge becomes heavy and/or changes color, you should call us. Also, if you are leaking clear fluid, you should wear a maxi-pad for a few hours. If you notice that the pad is continuously wet, you should call any time of the day so we can make should your bag of waters has not broke.

No concern is trivial; please call any time of the day: 406-585-0752