**Third Trimester – 38 Weeks**

**How your baby is growing:**

Baby measures about 19 inches and weighs around 7 pounds. He is gaining about ½ ounce each day. Baby’s head is about the same circumference as her abdomen. She may have a full inch of hair. Baby is slowly shedding the white coating of vernix caseosa that acts as a protectant and moisturizer on her skin, but she may still have some at birth. She can grasp firmly with her fingers. Her organs have matured and are ready for life outside the womb.

**Common pregnancy symptoms at 38 weeks include:**

* The baby “drops” down into your pelvis
* Pubic pain. As baby bumps against nerves in your pelvis, you might feel shooting sensations down your legs and even inside your vagina.

**Call me if you experience:**

* Mucous plug, or bloody show, a thick white discharge in your cervix that has been blocking bacteria from entering the uterus. It may be streaked with red or pink blood. This can indicate you may go into labor within 24-48hrs.
* More frequent uterine contractions, cramps, or back pain
* Leaking fluid, which may indicate your water has fully or partially ruptured

**What you should do:**

Now is a very important time to boost your and your baby’s vitamin K levels in preparation for birth by eating lots of dark greens, such as kale, spinach, chard, and collards. Alfalfa and nettle tea or tablets are excellent. Make sure you are drinking plenty of water and clear fluids to stay hydrated. Rest as much as you can to prepare for the hard work of labor, and elevate your legs when possible.

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| **Date** | **Weeks** | **Hgb** | **Blood pressure** | | **Fundal height** | | **Baby's heart rate** | |
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| **Notes:** |  |  |  |  |  |  |  |  |
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**Next appointment day & time:**