**Third Trimester – 39 Weeks**

**How your baby is growing:**

Baby measures about 20 inches long and weighs around 7-8 pounds. He is gaining about ½ ounce each day. Baby may have an inch of hair. He continues to build a layer of fat to help control his body temperature after birth.

**Common pregnancy symptoms at 39 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.
* Diarrhea

**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:**