



## **COMMON THIRD TRIMESTER CONCERNS**

**FETAL MOVEMENT:** In the third trimester, fetal movement is typically persistent. If you feel that your baby is moving less than you have experienced in the past, we recommend that you do the following “kick count”:

- If possible, have a snack prior to starting the kick count.
- Consider pushing or poking on your belly to prompt movement.
- Sit or lie quietly for an hour, counting movements or “kicks.” Even small movements count.
- During that hour, you should feel ten movements (kicks).
- If your kick count is less than ten in an hour, we recommend that you be evaluated. If it is during MOGA business hours, please call and speak to one of our nurses. If it is after hours or on the weekend, please contact our on-call nurse or go to Labor and Delivery. The L&D nurses will monitor your baby and call the MOGA physician on call for that hospital.

**We do not expect you to feel ten counts every hour of every day. As you become used to movements and are busy in your day, you may not note small movements. Your baby will also have times of inactivity or “quiet” that are considered sleep cycles.**

**MUCOUS PLUG.** Some women note the passage of mucous from their cervix during the last month of pregnancy. This could be one clump or a small amount over time. The mucous plug may be clear or white and may have brown (old blood) or pink/red (fresh blood) in it. This is a normal part of pregnancy. It is not necessary to call the office. This does not necessarily indicate that labor will occur soon.

**BLEEDING:** Light spotting after sex or pelvic exam in the office is common. If the bleeding is light, and not associated with pain, you would not likely need to be seen. Heavy bleeding, such as during your period (or more), is not normal. If this occurs, please contact our office immediately or go to Labor and Delivery for evaluation.

**LEAKING FLUID.** It is not unusual to have increased discharge or loss of urine that can mimic leaking of amniotic fluid. We would like to help you avoid unnecessary hospital visits if your water is not broken, but do not want you to delay in the event of a rupture. If you are certain that your water has broken, go to Labor and Delivery, even if you are not contracting. If you are unsure as to whether your water has broken, please call the office to be evaluated. If it is during MOGA business hours, please call and speak to one of our nurses. If it is after hours or on the weekend, please contact our on-call nurse.

**LABOR:** If you are less than 36 weeks and are having contractions, we recommend the following:

- Try to rest. Lie down if possible.
- Drink Fluids.
- Time your contractions beginning with the start of one contractions and ending with the start of the next contraction.

If you are having contractions every ten minutes for an hour, and it is during MOGA business hours, please call the office and speak to one of our nurses. If it is after hours or on the weekend, go to Labor and Delivery. The nurses there will assess you and contact our on-call physician. If you are 36 weeks or more, and having contractions every 3-5 minutes for at least two hours, go directly to Labor and Delivery. It is not necessary to call our office prior to going to the hospital.

**MOGA has a nurse and physician on call 24 hours a day. If you are unsure about whether or not you should be evaluated, please do not hesitate to call our office.**

