



WOMEN'S MEDICAL CENTER

WMC (575) 762-8055 • LABOR & DELIVERY (575) 769-7447

Congratulations!

In just a few short weeks you will be meeting your new baby.

We at WMC would like to thank you for choosing us for your prenatal care. As you get closer to having your baby you will have many questions. Feel free to call us here at WMC or the nurses of Labor and Delivery may answer your questions after hours.

FETAL MOVEMENT COUNTS

During the last few weeks of pregnancy the baby's movements may change to smaller movements (wiggles & squirms) as the baby gets bigger. The baby should still move on a regular basis. If you have questions or worries about the baby's movements please do a Fetal Movement Count (see below) and call WMC or L&D immediately.

1. Eat a good meal and drink 2 glasses of water.
2. Wait 30 min. to an hour after you eat then lie down in a quiet room. Place your hands on your abdomen to feel for the baby's movements.
3. Check the time then count the baby's movements for one hour. All movements including wiggles count. If you get 6 or more movements during this hour, the baby is moving well. If you get less than 6 in the hour please call.

GROUP B STREPTOCOCCUS (GBS)

GBS is a common bacteria carried in the genital area. Although it is harmless in adults, it can cause serious illness in newborns. All patients at WMC will be tested for GBS between 35-37 weeks of pregnancy. If you test positive then you will be given antibiotic through an IV while in labor.

LABOR PRECAUTIONS

The next few weeks you may become more uncomfortable as the baby gets bigger. Please call if you have any questions or concerns.

Common Discomforts:

- Back pain
- Pelvic pressure
- Irregular contractions (tightening of the abdomen)
- Difficulty sleeping
- Mild swelling of your legs/ankles

When to call WMC or L&D

- Sudden or worsening of swelling of legs or face
- Headaches that do not go away with rest or Tylenol
- Decrease of baby's movements
- Water breaks - usually a large gush of fluid or continuous leaking of fluid
- Contractions that are about 5 minutes apart and have been regular for over an hour
- Vaginal bleeding

WHAT TO TAKE TO THE HOSPITAL

- Gowns are provided for you but a robe or comfortable clothing of your choice for walking in the halls
- Slippers or shoes for walking
- Personal items such as shampoo, toothbrush and paste, deodorant
- An outfit for baby's picture and going home
- Car-seat is required for baby to be discharged