

Third Trimester Checklist

Familiarize yourself with signs and symptoms of labor

- If you are 24-36 weeks: Call the office if you suspect rupture of membranes (leakage of fluid), if you have more than 4-5 contractions in an hour, vaginal bleeding, or if you notice a decrease in fetal activity.
- If you are more than 36 weeks: Call the office if you suspect rupture of membranes (leakage of fluid), if you have regular contractions every 2-5 minutes, vaginal bleeding, or if you notice a decrease in fetal activity.
- At 37 weeks notify your doctor what contraception method (http://www.babycenter.com/0_birth-control-choices-after-you-have-a-baby_3755.bc) you desire to use after delivery.
- Make sure that you are pre-registered (<http://www.baptistjax.com/patient-info>) at the hospital.
- Choose a pediatrician for your baby. You can schedule an interview or just visit the doctor's office. Consider birth control options for postpartum.
- Decide about circumcision. The circumcision is usually performed by the obstetrician and sometimes by the pediatrician. Insurance coverage varies for this procedure. Please review our circumcision policy regarding payment for this procedure if you are interested.
- Decide if you will breast or bottle feed and purchase appropriate supplies.
- Plan for a maternity leave from work. Please give our office 2-3 weeks to fill out necessary paperwork. Disability paper work should be given to our front office.
- Consider taking a tour of the hospital: Baptist offers tours of the maternity ward. For more information, call the Women's Resource Library at 904.202.1075.
- Consider childbirth preparation classes. For more information, call the Women's Resource Library at 904.202.1075.
- Pack your labor bag and overnight suitcase. As a minimum, purchase basic items for your baby such as diapers, undershirts and a few outfits.
- Wash baby's new clothes to remove fabric finish.
- Plan for your hospital stay by asking family and friends to care for other children and pets, collect mail, etc.