

Your Last Month

Finally, to the last month! Just a few more things to review and think about.

Inductions

There are many reasons to induce your labor and if you have any medical problems this process will be explained to you. We do not feel it is safe to continue your pregnancy after 41 weeks and will suggest induction at this point. Many of you will want to have an elective induction in order to plan your delivery (child care, work, etc.). We have no problem with this but there are some hospital policies that dictate when and how we can do this. First, you need to be at least 39 weeks (1 week from your due date). Second your cervix needs to be "favorable". This means that you must be dilated to 2-3 cm, effaced or thinned out 60-70%, the cervix needs to be soft and easy to reach and the baby's head needs to be low in the pelvis. If this is not the case, labor may be hard to induce, increasing your risk of c-section and certainly a much longer labor. Lastly, we have to schedule this with Labor and Delivery and therefore we may have to work with their schedule and other inductions on the day desired. They will only take so many inductions a day and will not take elective inductions after 6pm. There is a lot of research and literature that these recommendations are based on; they are really made for the safety of you and your baby. If you feel like you have special circumstances, please bring them up and we'll see what we can do to meet your needs safely.

When to come to the Hospital

After 36 weeks we would not try and stop any labor, even though it is still a little early. With this in mind, if you start contracting you can say home, get in your own shower, bathtub, rocking chair etc. until the contractions are coming every 2-4 minutes consistently and getting stronger and harder. Even if you know you're in labor you can stay home for awhile until you need help with pain control or coaching. If you have a history of fast labors or if you are group B strep positive, you will want to come in on the earlier side as each labor tends to get a little shorter.

Many women will lose their mucous plug, which is sign of dilation but not of labor. You may not go into labor for several days to weeks after losing your plug. You may have a little bit of spotting with the mucous and that is okay as long as your baby is still active as discussed earlier.

If your water breaks-which is a gush of fluid with continued leaking-you need to come into the hospital for monitoring regardless of how much you are contracting. If you have questions about what to do, feel free to call the office or call Labor and Delivery at 716-5510. Don't forget to pack your suitcase before the big day. Remember to charge your camera and stock up on batteries and film.

Vaginal Delivery after C-Section

If you have had a prior c-section there are risks to having a vaginal delivery and these will be discussed with you at this time. Most women can have a safe and successful vaginal delivery but we can address your particular situation and see what will be best for you. If you do not wish to try a vaginal delivery you can elect to have a scheduled repeat c-section up to 1 week before your due date. We operate one day each week and will most likely schedule your c-section on that day. Scheduling will also depend on the availability of the OR.

Hospital visiting hours

The hospital has specific visiting hours for your friends and family. The baby's father, grandparents and siblings can come at any time. The siblings are limited to 30 minutes if they are less than 14 years old. Other children, unrelated to your baby, will not be allowed to visit in your rooms. The rest of your visitors can come between 12:00 – 2:00 pm and from 6:00 – 8:00 pm. Remind them that they will not be allowed to leave their children in the waiting room alone. These may seem a little strict, but the vast majority of our patients have enjoyed having some quiet time when they can nap, breast feed, bond with their baby, ect. **During cold and flu season there may be more severe restrictions for visitors and visiting hours.**

Lactation

Lactation services will be available to all patients. All first time mothers will get a visit from one of the nurses. Anyone else may request some help and advice as needed. If you have had trouble in the past, or if you anticipate difficulties due to flat nipples or other problems, feel free to stop by their office and store on Labor and Delivery. They will be happy to help you out in any way they can. There is also a lactation prenatal course offered by the hospital that is listed in the course brochure.

Circumcisions

If you are having a boy you will need to decide if you want him circumcised as it will be done by the pediatrician before you go home. There are pros and cons to both sides and your pediatrician will be happy to talk to you about it. Currently, many insurance programs, including Medicaid, are no longer covering this procedure. You may want to work out a payment plan before delivery.

Group B Strep

Group B streptococcus is a bacterium that is found in 20-30% of women. Women are usually asymptomatic and the problem may arise for the baby. Group B strep can potentially cause serious infections in a newborn. Because of this risk, we will obtain a sample with a Q-tip from the vaginal and anal areas. Mothers who culture positive for Group B strep will be given antibiotics in labor to try and protect the baby. This is not a fail-proof and some women will culture negative and their baby may still get an infection, but it does cut down on the number of overall infected babies significantly. We will check for this at around 35 to 37 weeks.

C-Sections

If you need a c-section for any reason there will always be 2 surgeons. Don't be surprised to see a strange face and/or a bill for services from a different doctor. This is to ensure the safety of you and your baby.

After your delivery

We plan to see you 6 weeks after you deliver, so call to make that appointment shortly after you get home from the hospital. If you have problems or questions before that visit, please call us! We also plan to take care of all of your OB/GYN related concerns throughout your life. If you've had a great experience with us, please tell your family and friends!

We hope this has answered many of your questions. If you have more please feel free to ask! We hope it will go smoothly for you and you'll have wonderful memories of this time.