

TOPIC

NOTES

Third Trimester Checklist

- Fetal Kick Counts - recommend daily monitoring of fetal movement during 3rd trimester
- Obtain Tdap vaccine by 36 weeks from PCP or pharmacy
- Select a pediatrician
- Pre-register at Inova Alexandria Hospital
 - www.inova.org/alexbaby
- Complete childbirth education classes and/or hire a doula if unmedicated birth strongly desired
- Order breast pump through insurance and/or make feeding plans - breastfeeding classes, resources, etc.
- Continue to stay active/exercise 3-5 times a week
- Consider circumcision preferences for baby boy
- Watch hospital tour video
- Watch anesthesia videos:
 - www.napaanesthesia.com/ob-resource-center/
- Pack hospital bag

Introducing YoMingo: P&M's Free Pregnancy App

- YoMingo includes the tools and support you need at every stage of your healthcare journey and beyond
- Learn more about childbirth, newborn care, and more all from the convenience of your mobile device
- To register for YoMingo, visit www.physiciansandmidwives.com/pregnancy-app/ and click the orange registration button to sign up
- After registering, download the YoMingo mobile app from your phone's app store and log in.

End of Pregnancy

- Normal body changes as you approach labor:
 - Pressure
 - Braxton Hicks
 - Backaches
 - Round ligament pain
 - Spotting/mucus plug
- Trust your body.

Preparation for Labor

- Exercise and healthy diet
- Optimal fetal positioning



PHYSICIANS AND MIDWIVES Preparing for the BIRTHday

TOPIC

Preparation for Labor - Continued

- Cervical ripening after 36 weeks
 - Dates
 - Intercourse
 - Red Raspberry Leaf Tea
 - Evening Primrose Oil (as directed by CNM/MD)
- Childbirth education
 - Classes through hospital/P&M
 - Bradley Method
 - Hypnobirthing
- Additional support
 - Hire a doula, especially if planning unmedicated labor
 - www.doulamatch.net or www.dona.org
 - List of recommended doulas from P&M

Prodromal/Early/Active Labor

Prodromal labor (cervical ripening):

- Irregular cramping
- Waves of contractions

Early labor (1-4 cm):

- STAY AT HOME
- Do NOT immediately time your contractions
- Things to do: go on a walk, rest, bake a cake, watch Netflix

Active Labor:

- Focus becomes more inward
- Can't talk/walk through contractions
- Contractions become more regular
- Comfort measures: birthing ball, movement, hydrotherapy, call doula, massage

When to Call the Midwife

- Contractions: 3-1-1 or 5-1-1
- You suspect your water has broken
- Bright red vaginal bleeding
- Decreased fetal movement
- Physicians & Midwives is reachable at (703) 370-4300
 - CNM/Doctor are on call at Inova Alexandria Hospital at all times (24/7)
 - If our on call provider does not connect with you when you call, please dial our answering service directly at (703) 558-0851 or proceed to IAH

NOTES



PHYSICIANS AND MIDWIVES Preparing for the BIRTHday

TOPIC

NOTES

Hospital Expectations

- Arriving at the hospital
 - Before 8 p.m., enter using door 6 of Patient Entrance
 - After 8 p.m., enter through the emergency room entrance
 - Triage assessment
- Admission to a labor bed
 - Saline lock and labs
- Fetal monitoring; intermittent, continuous, wireless

Birth Positions

- Can utilize peanut ball, squat bar, adjustable bed, etc.

Pain Management Options

- Unmedicated
- IV pain medications
- Nitrous Oxide (currently unavailable due to COVID-19)
- Epidural

Common Questions

- "Will my partner/support person be tested?"
 - No, but they will be screened for symptoms and have their temperature checked.
- "Will my partner/support person be confined to my room for the duration of our stay?"
 - No. Your support person may not roam the halls on a phone call, but they may take a short leave to fetch food or feed your pets.
- "May I have additional support people present?"
 - As of December 23rd, 2021, Inova Alexandria Hospital allows all adult patients to have one designated support person (age 16+) and one certified doula during the labor and delivery experience. For postpartum patients, one support person is allowed 24/7.
 - For more information, visit their website at: <https://www.inova.org/about-inova/temporary-visiting-hours>. As you prepare for your delivery, make sure to regularly check this website for this most updated information regarding Inova's COVID-19 policies.

Birth

- Pushing
 - Unmedicated: await spontaneous urge to push; allows for position of choice
 - Epidurals: labor down; may lengthen duration of pushing
- Standard Midwife Practice
 - Birth plan
 - Delayed cord clamping
 - Episiotomies are not routine
- Baby Friendly
 - Skin-to-skin: "golden hour"
 - Rooming-in: baby is with mom in the room at all times
 - Pacifiers are not supplied by the hospital

Induction of Labor

- Ultrasound in the office after 40 weeks (Biophysical Profile)
- Induction by 41 weeks
 - Cervical ripening -
 - Cervidil
 - Cytotec (Misoprostol or Miso)
 - Cook's catheter or Foley Bulb
 - Pitocin

Cesarean Sections

- Only recommended when medically indicated
- 1 support person in the OR
- Breastfeed in recovery
- Remember, our #1 goal is Healthy Mom & Healthy Baby

Postpartum

- Lactation support available at the hospital
- Standard length of stay
 - 2 days following a vaginal delivery
 - 3 days following a C-section
- Postpartum Support Virginia
 - www.postpartumva.org
- P&M's Postpartum Class is available on-demand
 - Register to view at <https://physiciansandmidwives.com/free-pregnancy-classes/>