

## **Important 3<sup>rd</sup> Trimester Information**

1. **Registration:** Pre-register with the hospital after 20 weeks gestation. Go to the business office located at the main entrance of the hospital. *Make sure you bring your insurance information or your most recent Medicaid eligibility card.*
2. **Childbirth Education:** Schedule early, as spaces fill quickly. Call to schedule between 26-28 weeks for class beginning around 30-32 week. Childbirth Education classes are offered at CTMC. For more registration and information call **753-3622**.
3. **Kick Counts:** Begin at 28 weeks. During this part of your pregnancy it is important to start regular “kick counts” to monitor your baby’s movement. Count your baby’s movements after you have had a meal or snack. You can lie on your left side and count. You will need to feel 6 movements in 2 hours. As soon as you feel 6 movements you may stop. If you do not feel 6 movements in 2 hours you will need to call the office. If it is after office hours the answering service will direct your call to Dr. Kunda or the physician on call for him. Counting your baby’s movements is a very simple way to check and see if your baby is doing well.
4. **Preterm labor symptoms:**
  - Pelvic pain/pressure
  - Low back pain/pressure
  - Vaginal discharge
  - Spotting/brown discharge
5. **Signs and symptoms of preeclampsia:** There are some women who develop high blood pressure during the latter part of their pregnancy. If you have any of the following symptoms please do not hesitate to call the office:
  - A headache that is not relieved with Tylenol
  - Blurred vision or seeing “spots” during a headache
  - Pain in your right side
6. At this time it is important to find a pediatrician. Please refer back to your packet for a list of pediatricians in the area. It is best to find a pediatrician that can see your baby 2-3 days after being discharged from the hospital.

If you need any assistance with the registration process or have questions please feel free to call and speak to any of Dr. Kunda’s medical staff.

