

## **30 Week Education**

### **Fetal Kick Counts:**

You should feel fetal movement 6-8 times within one hour. Babies sleep 20-30 minute intervals throughout the day and night. Check to make sure baby is meeting the 6-8 movements within one hour, throughout your day.

If you do not feel 6-8 fetal movements within one hour, try:

- Eating something sweet
- Drink something cold
- Lay on your left side

If you still do not feel 6 fetal movements within one hour, notify your provider and be prepared to come in for evaluation.

### **Preterm Labor:**

Labor occurring before 35 weeks gestation.

If you are contracting 6 or more times within one hour, then you should try the following measures to make them stop:

- Hydrate by drinking four – 8oz glasses of water over one hour.
- Empty your bladder
- Rest. Lay on your left side.

After 2-3 hours of hydration, keeping bladder empty and rest, if you are still having 6 or more contractions in one hour then you should notify your provider and be prepared to come in for evaluation.

### **Pre-Eclampsia:**

Condition of high blood pressure and other changes that may occur after 20 weeks gestation.

Notify your provider if you are experiencing:

- Headache unrelieved by Tylenol
- Visual changes like blurred vision, seeing spots
- Stomach pain or heartburn unrelieved by antacids
- Nausea and/or vomiting without warning
- Sudden onset of hand or facial swelling
- Pain under your rib cage (left or ride side)

### **Mucus Plus:**

Thick yellow, often blood tinged vaginal discharge, typically passed at the end of your pregnancy. Passing the mucus plug typically means labor could be 1-3 weeks away. You do not need to call if you pass your mucous plug.

\*\* Call if you are having vaginal bleeding or leaking clear fluid from the vagina.

### **FMLA/Disability forms:**

Please allow 10 business days for these to be completed. You can drop them off at the front desk with the attached form.

Call with any concerns: 920-886-2299