

midwives
sage-femmes



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VERLOSKUNDIGEN
101

PREGNANT

the third trimester



THE THIRD TRIMESTER 28 UNTIL YOU GIVE BIRTH

Het derde en laatste trimester is aangebroken! Je zult de baby steeds krachtiger voelen bewegen. Vanaf 28 weken is het bovendien belangrijk de baby dagelijks te voelen bewegen. De baby maakt in deze laatste maanden nog een flinke groeispurt in gewicht, jij kunt waarschijnlijk je eigen tenen niet meer zien en je zwangerschapsverlof gaat beginnen. In het derde trimester groeit de baby minder snel in de lengte en veel meer in gewicht. In gewicht kan de baby wel vier keer zo groot worden. Als we het over een gemiddelde lengte hebben mag je uitgaan van 50 cm en het gemiddelde gewicht bij 40 weken zwangerschap zal ongeveer 3400 gram zijn. Je zult merken dat lichamelijke activiteiten steeds zwaarder worden. Traplopen voelt als een marathon lopen, je dagelijkse bezoeken aan de wc worden steeds meer en je kunt je teennagels niet meer lakken zonder te knoeien. Probeer in de laatste weken van je zwangerschap extra te genieten, neem je rust en bereid je voor op de komende bevalling. Je buik is nu helemaal gevuld met baby. Soms voel je de porretjes, duwtjes en trapjes wel op drie plaatsen tegelijk. Het kan ook zijn dat de bewegingen minder intens worden. Het blijft wel belangrijk dat de frequentie zo goed als hetzelfde blijft als wat je gewend bent. Twijfel je of hij genoeg beweegt? Ga dan een uur op je zij liggen en probeer contact te maken met de baby. Ben je na het uur nog steeds ongerust, bel dan de dienstdoende verloskundige. Probeer als je 's nachts niet zo goed slaapt, dit overdag een beetje in te halen en je agenda niet al te vol te plannen. We hebben de komende afspraken en met welke klachten je de dienstdoende verloskundigen moet bellen nog even voor je op een rijtje gezet.

PREGNANCY CHECKUPS

27 - 28 weeks

The end of this week marks the start of your third trimester. Your baby can now open and close his eyes, and he sleeps and wakes at regular intervals. During the midwife appointment we measure your blood pressure and check the growth, position and heartbeat of the baby. If indicated we will refer you for an extra growth scan. With the first trimester [blood test](#) we checked your blood type and whether your blood contains antibodies to foreign blood groups. During pregnancy and childbirth, red blood cells from your baby can enter your own bloodstream. If your child has a different blood group to your own, your body may produce antibodies to this 'foreign' blood group. If the blood test reveals any risk, it is often possible to provide treatment during pregnancy to protect your baby. The results of the blood test will be ready at around 30 weeks. **To do:** don't forget to sign up via [email](#) for the information evening about birth & beyond.



31 - 32 weeks

Your iron level will drop a little during the pregnancy with its lowest point around 30 weeks. Your body goes through significant changes when you become pregnant. The amount of blood in your body increases by about 20-30 percent, which increases the supply of iron and vitamins that the body needs to make hemoglobin. Hemoglobin is the protein in red blood cells that carries oxygen to other cells in your body. Mild anemia is normal during pregnancy due to an increase in blood volume. At 30 weeks your iron level is on its lowest point, that's why we will check your iron at this appointment at the practice. After 30 weeks towards 40 weeks your iron level will increase a little again. **To do:** sign up for our information evening about birth.



34 - 35 weeks

Your womb has reached its highest point by this week. You may be feeling as though you've run out of room – your womb has grown to many times its original size, and is now up under your ribs. This can make you more breathless than usual. Running up the stairs can make you feel out of breath quickly. Your checkup will be double, as it will be a medical checkup at the practice and by Zoom we'll discuss your birth wishes and will note these in your file. **To do:** has the kraamzorg booked in a home visit with you? If not, give them a call to plan this. Also if your kraampakket has not been delivered by now, ask your insurance company when they will.



37 weeks

Your baby is now officially full term, and could be arriving any day now. His movements might feel a little different as he runs out of room, but he should still be wriggling and kicking as often as before. You will have weekly midwife consultations from now on. As your due date approaches, the painless and infrequent Braxton Hicks contractions you may have been feeling since midpregnancy sometimes become more rhythmic, relatively close together, and even painful, possibly fooling you into thinking you're in labor. Not sure when to call us? [Click here.](#)



38 weeks

Your baby is ready to greet the world, and you'll soon be looking into those adorable eyes. At this stage, your baby is still building a layer of fat to help her control her body temperature after she's born. Your checkup will be done by phone and if necessary we will additionally plan a medical checkup at the practice.



39 - 41 weeks

The big day is almost here and it won't be long before you're able to cuddle your baby. But try not to worry if you're still waiting at the end of the week. Only about four per cent of babies are born on their expected due date, though most arrive within a week either side. At the practice we will check the growth and position of the baby, listen to the fetal heartbeat and measure your blood pressure.

41+ WEEKS

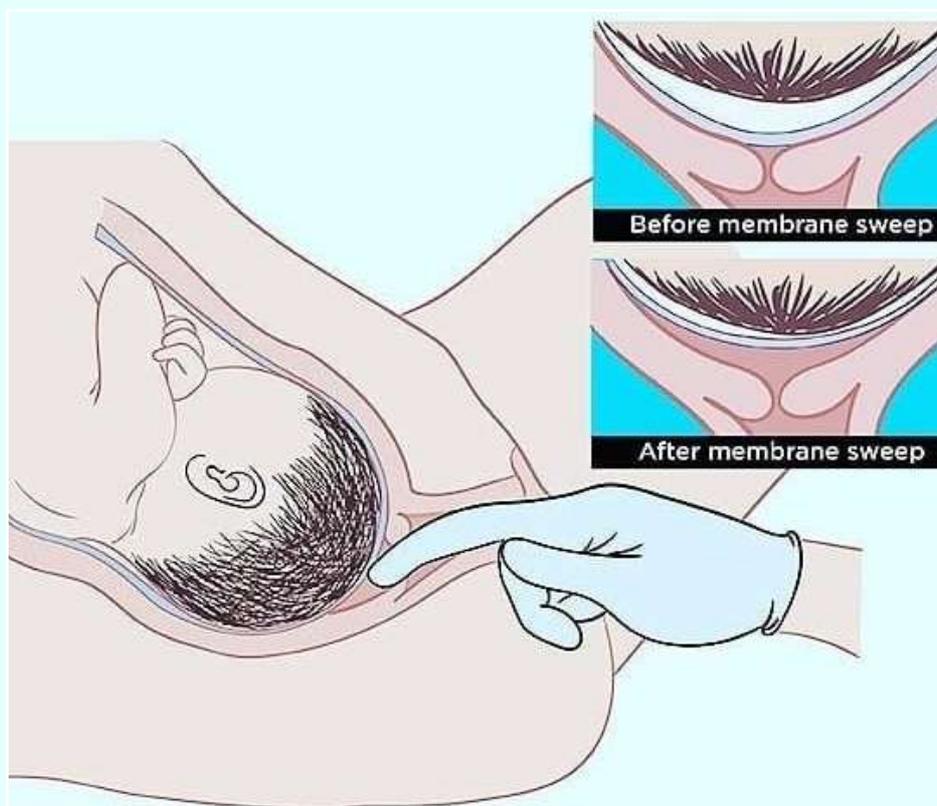
You've had your due date in mind all these months, and then it passes...

Being overdue is actually way more common than you might think. More than 70% of women deliver past their due date as only 5% of babies are born on the actual due date. 95% of women give birth spontaneously before 42 weeks. In France and New Zealand they've set the due date at 41 weeks. Which actually makes sense as it's a much more accurate due date than the 40 weeks.

Starting at 41 weeks of pregnancy we will do a checkup every other day to check your blood pressure, the growth, position and heartbeat of the baby and we offer to conduct a membrane sweep.

A membrane sweep is a way of trying to bring on labour to avoid going too overdue. During an internal examination, we will try to insert a finger into the opening of your cervix (neck of your womb) and then gently but firmly move the finger around. This action should separate the membranes of the amniotic sac surrounding your baby from your cervix. This separation releases hormones (prostaglandins) which may kick-start your labour. A membrane sweep increases the likelihood of labour starting within 48 hours. It has a higher chance of success if your cervix is already softening and preparing for labour. It can be uncomfortable, as the cervix is often difficult to reach before your labour begins. You may experience some slight spotting of blood, cramps or irregular contractions immediately afterwards.

At every checkup between 41 and 42 weeks together we decide when an induction is necessary. However if you've reached 42 weeks, your labour will be induced in hospital. There are different ways to medically induce labour. The hospital will advise which type of induction is preferred depending on whether your cervix has already softened and if there is some dilation.





WHEN TO CALL

IN THE 3RD TRIMESTER



FEELING UNWELL

When you experience one or more of the following symptoms:

- severe headache
- visual problems
- vomiting (or severe nausea)
- feeling of a tight band around your abdomen or head
- pain in your upper abdomen or between shoulder blades
- excessive oedema in face, hands or feet



IF LABOUR HAS STARTED BEFORE 37 WEEKS

Call the midwife if you experience:

- regular or frequent sensations of abdominal tightening (contractions)
- constant low, dull backache
- Mild rhythmic abdominal cramps
- Vaginal spotting or light bleeding



LESS/NO FETAL MOVEMENTS

From of 28 weeks onwards it's important to feel the baby moving **daily**. Do you feel less/no fetal movements? Lie down for an hour (on your side) and try to make contact with the baby by touching your belly. Call us if, even after this hour, you are still worried



WORRIED

Call us if you don't feel well or if you are worried:

- less/no fetal movements
- strong abdominal pain
- headache
- feeling unwell/having a fever
- if labour has started before 37 wks



BLOODLOSS

Do you have red (vaginal) blood loss, other than a mucous show. Please keep your underwear or pad so we can assess the amount of blood loss.



MIDWIFE ON CALL

+31 20 47 000 67



CONTACT

Our assistant is available from Monday to Friday from 09 a.m. until 2.00 p.m. to schedule appointment, non-urgent questions, pregnancy certificate etc.

020 - 47 000 67

press 1 for the midwife on call

press 2 for the assistance of the practice

or email info@verloskundigen101.nl

Antenatal clinic Monday to Friday 9 a.m. to 5 p.m.

Morning clinic from 8 a.m.

Evening clinic from 6 p.m. to 9 p.m.

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