

midwives  
sage-femmes



ostetrica  
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VERLOSKUNDIGEN  
101

# PREGNANT

## the third trimester



# THE THIRD TRIMESTER 28 UNTIL YOU GIVE BIRTH

The third and final trimester has arrived! You will feel the baby move more and more vigorously. From 28 weeks, it is also important to feel the baby move every day. The baby will make a significant growth spurt in weight in these last months, you will probably no longer be able to see your own toes and your maternity leave will start soon. In the third trimester, the baby grows less quickly in height and much more in weight. The baby can grow up to four times in weight. If we are talking about an average length of your baby, it will be around 50 cm and the average weight at 40 weeks of pregnancy will be about 3400 grams. You will notice that physical activities become more and more intense. Climbing stairs might feel like running a marathon, your daily visits to the bathroom are increasing and you can no longer paint your toenails without making a mess. Try to enjoy the last weeks of your pregnancy, try to get some rest and prepare for the coming birth. Your belly is now completely filled with baby. Sometimes you feel the pokes, pushes and steps in three places at the same time. It may also be that the movements become less intense. It remains important that the frequency remains as good as what you are used to. Not sure if baby moves enough? Then lie on your side for an hour and try to make contact with the baby. If you are still worried after the hour, call the on-call midwife. If you don't sleep very well at night, try to catch up during the day and don't plan your agenda too full. We have listed the upcoming appointments and with which complaints you should call the midwives on duty.

## 27 - 28 weeks Midwife appointment

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 workshop evening about birth & beyond.



## 31 - 32 weeks Midwife appointment

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

### Double midwife appointment

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 one, as it will be both a checkup as well as a chat to discuss your birth wishes. **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. If you'd like a positioning scan of the baby, please inform us so we can send a referral to Echo Amsterdam.



## 37 weeks

### Midwife appointment

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 mid pregnancy 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

### Midwife appointment

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.



## 39 - 41 weeks

### Midwife appointment

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.

At 41 weeks we will also discuss your options about when to induce labour versus waiting until 42 weeks.

## 41+ WEEKS

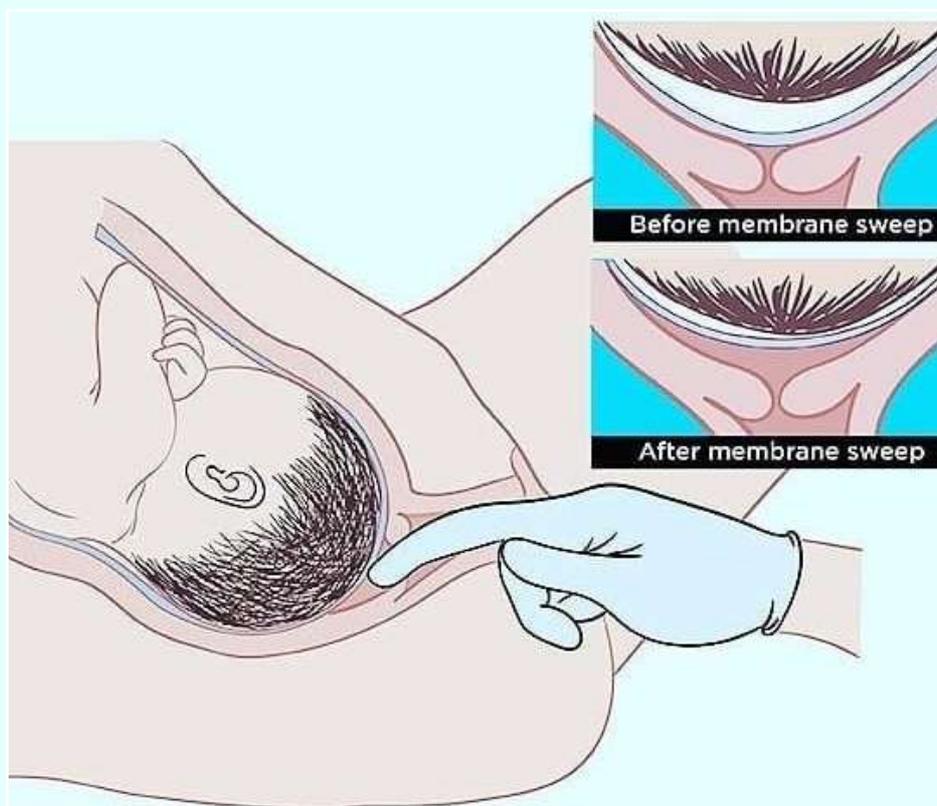
You've had your due date in mind all these months, and then it passes...

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](mailto: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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