




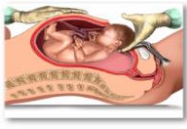


BEGINNING WELL FROM THE BELLY: THIRD TRIMESTER

There is very little left to hold your baby in your arms. The third trimester is the final stage of pregnancy. In these last weeks some of the discomforts of the first trimester come back, like tiredness and drowsiness. The size of your belly increases every day, which will make you feel uncomfortable. You will have a prenatal visit every two (2) weeks until you reach thirty-six (36) weeks. After that, you will see your doctor every week.

What to expect during the Third Trimester	
Mom:	Baby:
<ul style="list-style-type: none"> Lack of air. Increase in urinary frequency. Heartburn. Swelling of your ankles, fingers and face. Hemorrhoids. Sensitive breasts, that may exude a fluid called colostrum. The bellybutton may pop out. Trouble to sleep. The process of engagement begins. This is when the baby settles into the lower part of your belly. Contractions that may be a true or false sign of labor. Fells pain in the lower back and cramps that do not go away. You have discharge of cervical mucus with blood (brown or reddish). 	<ul style="list-style-type: none"> The baby's kicks and punches are stronger. The eyes may open and close and perceive light changes. Your baby's body begins to store essential minerals, such as iron and calcium. Your baby increases around half (½) pound per week. The body fat increases. Your baby grows continuously and has less space to move. Your baby's organs are ready to work on their own. Your baby may turn and place its head first, getting ready for birth. At the moment of birth, your baby may weigh from six (6) pounds with two (2) ounces to nine (9) pounds with two (2) ounces and may measure nineteen (19) to twenty-one (21) inches long. 
Sings of Labor	
<ul style="list-style-type: none"> You may notice that the baby has "gone down" or moved to the lower part of the pelvis. Increases contractions and are stronger and more frequent. 	<ul style="list-style-type: none"> You expel the mucous plug or flow with blood. Water break, the liquid that covers the baby is eliminated by the vagina.

Types of Childbirth

Vaginal Delivery	Caesarean
	

Post-Partum Care

- Rest as much as possible. You will have blood loss, as if you had an out-of-date menstrual period, for almost six (6) weeks.
- You may have swollen legs and feet, feel constipated and have cramps. Even if you are not breastfeeding, milk may come out of your nipples and you may feel that your breasts are sore, sensitive, or uncomfortable.
- To avoid suffering from constipation, it is recommended to walk slowly this will stimulate the intestine. Follow your doctor's instructions about physical activity.
- Drink lots of water, eat fiber-rich fruits and vegetables.
- Talk to your doctor if you have feelings of extreme sadness, anxiety and tiredness that make it difficult for you to perform the daily activities of caring for yourself and others.

Remember

- You will have a prenatal visit every two (2) weeks until you reach thirty-six (36) weeks. Then, you will see your doctor weekly.
- You may notice that the baby has "gone down" or moved to the lower part of the pelvis.
- Increases contractions and are stronger and more frequent.
- Rest as much as possible. Drink lots of water, eat fiber-rich fruits and vegetables.
- Talk to your doctor if you have feelings of extreme sadness, anxiety and fatigue that make it difficult for you to perform daily activities.

Contact your Primary Care Physician

If you are pregnant, you will be registered under the Vital Plan Special Coverage.

Your primary doctor and/or your specialist can provide information about the benefits of the Special Coverage, and how you will be registered under this coverage.

People with Special Coverage can get prescription drugs, tests and other services, without needing a referral or having their primary doctor sign.

In addition, you can contact your primary physician for more information or counseling on how you and your family can cope with physical and emotional concerns during your pregnancy and after delivery.

Important

If you need physical or behavioral emergency services, you can dial 9-1-1, or go to any emergency room.

If you have any symptoms that you understand require immediate attention, before visiting an emergency room, you can contact the Medical Advice Line toll-free at 1-844-347-7801, twenty-four (24) hours a day, seven (7) days of the week. TTY/TDD users should call 1-844-347-7804. By calling the Medical Advice Line before visiting an emergency room, you will be exempt from paying the copayment for services received during your visit to the emergency room.

For additional information

Customer Service Department
1-844-347-7800
TTY/TDD 1-844-347-7805

Visit our website
www.firstmedicalvital.com

References

- <https://medlineplus.gov/ency/patientinstructions/000558.htm>
- <https://kidshealth.org/en/parents/guide-parents.html?WT.ac=pairedLink>
- <https://medlineplus.gov/postpartumcare.html>
- https://www.nimh.nih.gov/health/publications/espanol/informacion-sobre-la-depresion-posparto/depresion-posparto-sp-15-8000_150352.pdf
- <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy/art-20046767>