

25 – 28 Weeks

answers to your pregnancy questions

Pre-registration and prenatal classes

If you have not already done so, now is the perfect time to contact the hospital in which you plan to deliver to pre-register. You may have received materials and contact information already at your first prenatal visit, but if this has been misplaced, feel free to ask any of the nursing staff for another packet. Both Memorial Medical Center Family Maternity Suites and St. John's Birth Center offer tours of the facilities and a wide range of prenatal classes for you to choose from.

Participating in classes and being familiar with where the birth of your baby will take place can add to the comfort and enjoyment of your birth experience. Remember to discuss with your physician the different options that may be available to you throughout your delivery for pain control and comfort. Childbirth classes offer information on pain control, common childbirth procedures, relaxation and breathing techniques.

25
WEEKS

at 25–26 weeks of pregnancy:

Your baby's nervous system and brain are rapidly growing during this time. The surface of the brain is becoming more folded and wrinkled to provide more space for nerves to grow. The skin has taken on color due to the production of melanin and begins to appear smoother and less wrinkled as more fat is added to the body.

26
WEEKS

27
WEEKS

at 27–28 weeks of pregnancy:

Your baby is now longer and often curled into a fetal position but can still move and flex. You may notice your whole stomach appearing to move when the baby changes position. The baby's heart rate may decrease at the sound of familiar voices. The eyes open, close and sense changes in light. The baby can make grasping motions and may even smile during sleep. Your baby likely weighs about 2 ½ pounds and is about 14 inches long.

28
WEEKS



Springfield Clinic's Center for Women's Health

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Tdap vaccine

It is recommended that every pregnant woman get a dose of Tdap during every pregnancy to protect the newborn from pertussis (whooping cough). Infants are most at risk for severe, life-threatening complications from pertussis. The ideal time for vaccination is during the third trimester of pregnancy. This allows time for your body to create antibodies to the disease that are then passed along to your baby, and helps to protect your infant until they begin to receive the vaccines against pertussis at about two months of age.

If the vaccine was already given during the first or second trimester of pregnancy then you should not receive another vaccine during the same pregnancy. All caregivers and family members should also make sure they are up to date on their vaccines and if not, they should be vaccinated at least two weeks before having contact with the baby.



POSSIBLE PREGNANCY SIDE EFFECTS

Swelling & Varicose Veins

Even during the first part of pregnancy, some women notice their feet getting bigger. This is due to both the extra fluid your body retains during pregnancy and relaxin, the hormone that causes ligaments in the feet to loosen and allows bones to spread. During the latter months of pregnancy, and especially in hot months, most women experience some swelling of the feet and legs. The added weight of pregnancy causes circulation to be slower in returning fluid, especially from the feet and lower legs. This type of swelling is often referred to as edema.

The weight of the uterus pressing on a major vein can also slow blood flow from your lower body. For some women this will result in varicose veins. Varicose veins appear as sore, itchy, blue bulges. These can occur not only on the legs but also near the vagina, vulva or rectum. (Varicose veins of the rectum are commonly known as hemorrhoids.)

To reduce swelling and the appearance of varicose veins, prop up your legs as often as you can while seated and elevate legs on a pillow when lying down or lying on your side. Avoid crossing your legs when seated, and if you must either sit or stand for long periods, be sure to move around often. Avoid wearing knee high or thigh high stockings or nylons with any tight elastic bands. It may be helpful to wear support hose that do not constrict at the knee or thigh.

It is very important that if you experience excessive swelling in your legs, hands or face that you let your physician know. Excessive swelling could indicate a much more serious condition such as preeclampsia and needs to be evaluated to determine if other symptoms are present.

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