

## **Your 34-Week Office Visit**

### **Departments of Obstetrics and Gynecology, Fremont Center**

#### **Upcoming Lab Tests**

**35 to 37 weeks:** Group B Strep (GBS) Test – We screen all women for a bacteria called Group B Strep by taking a vaginal and rectal (perineal) swab to check for this common organism. Group B Strep is harmless to the mother, but may infect the baby during delivery. Fortunately, this can be prevented by giving the mother antibiotics during labor. Your health care provider will perform this test during your next office visit. The test result will be available at the following office visit.

#### **Symptoms You May Experience Over the Next Four to Six Weeks**

**Constipation:** To avoid constipation, increase your consumption of whole grains, fresh fruit, vegetables and fluids.

**Round Ligament Pain:** You may experience occasional sharp, unilateral (both sides) abdominal cramping associated with quick movement. If the pain is not relieved by rest, call our office.

**Leg Swelling:** To prevent leg swelling, eat foods high in protein, avoid prolonged standing, drink plenty of fluids, rest two or three times per day with your feet elevated higher than your heart, avoid wearing tight pants, leotards and high-knee stockings, and sit with your legs uncrossed and your feet on a footstool. Swimming also helps.

**Heartburn:** Avoid spicy and/or acidic foods, eat small frequent meals, and do not lie down immediately after eating. Some antacids (Mylanta<sup>®</sup>, Tums<sup>®</sup> and Mylicon<sup>®</sup>) are safe to use during pregnancy.

**Insomnia:** Avoid caffeinated products and eating a big meal within two hours of going to bed. Relax in a warm bath, or drink tea with lemon or warm milk before bed. Develop a regular sleeping schedule and exercise daily.

#### **Your Baby's Development Over the Next Four to Six Weeks**

Over the next four to six weeks, your baby will:

- Grow to 20 to 21 inches in length and reach a weight of about 6 to 9 pounds
- Settle into a head-down position to prepare for delivery (in most cases)