

34 Week Visit

At this visit we will measure the fundal height (the size of the baby) and check your baby's heartbeat. Be sure to write any questions down on a piece of paper and bring it to the visit.

Contractions are very common at this point. If you have 4 contractions in one hour, drink some water, empty your bladder and lie down immediately. If you have more than 6 contractions in an hour, call the office.

You should call the office if you have more than 6 contractions in an hour, break your bag of water, have vaginal bleeding, if you don't feel the baby move 10 times by noon, have decreased fetal movement or if you think something is wrong.

* Please review the patient education videos at www.youtube.com/allianceobgyn **prior** to calling the on call physician or the office regarding questions during pregnancy, these will answer the majority of questions.