

## **40 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.

Call if you have hard contractions that take your breath away every 5 minutes for an hour, if you break your bag of water, if you don't feel the baby move 10 times by noon, have decreased fetal movement or if you think something is wrong. Losing your mucous plug or bloody show (blood tinged mucous) is not a sign of impending labor and you don't have to call.

\* Please review the patient education videos at [www.youtube.com/allianceobgyn](http://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.