

## 28 Week Visit

You will have a one-hour glucose tolerance test. You don't have to be fasting, but you will be more likely to pass the test if you avoid sweets (including juices) on the day of the test, and don't arrive for the test immediately after a meal. As the name implies the test takes approximately one hour. You will be given a glucose (sugar) containing beverage and both your glucose and hemoglobin (blood count) will be measured by obtaining a drop of blood by pricking your finger.

At this visit you will be given the option to elect or refuse HIV and Syphilis testing per Georgia State law.

At this visit we will measure the fundal height (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](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.

**\*\*The physicians of Alliance Ob/Gyn are on call for obstetrical and gynecological emergencies only. Calls for non ob/gyn related problems including colds, flu or other primary care related issues should be made to your primary care doctor. General questions about pregnancy, including what drugs can be used in pregnancy are available on our website. Calls for non-emergent issues will not be returned. Please address all non-emergent issues by calling the office during our regular business hours of 7:30am-4:30pm Monday- Thursday and 7:30am-2:00pm on Friday.**