

38 Week Visit

The physicians will see you to measure the fundal height (the size of the baby) and check your baby's heartbeat. They will be able to answer any of your questions so be sure to write them all down on a piece of paper and bring it to the visit. We may also perform a vaginal examination to see if your cervix has dilated.

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 do not have to call.

* 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.

****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.**