

**TOPIC**

**NOTES**

- **Third Trimester Checklist**
  - Fetal Kick Counts - recommend daily monitoring of fetal movement during 3rd trimester
  - Obtain Tdap vaccine by 36 weeks from PCP or pharmacy
  - Select a pediatrician
  - Pre-register at Inova Alexandria Hospital  
[www.inova.org/alexbaby](http://www.inova.org/alexbaby)
  - Complete childbirth education classes and/or hire a doula if unmedicated birth strongly desired
  - Order breast pump through insurance and/or make feeding plans - breastfeeding classes, resources, etc. Continue to stay active/exercise 3-5 times a week Consider circumcision preferences for baby boy Watch hospital tour video
  - Watch anesthesia videos:
  - [www.napaanesthesia.com/ob-resource-center/](http://www.napaanesthesia.com/ob-resource-center/) Pack hospital bag
- **Introducing YoMingo: P&M's Free Pregnancy App**
  - YoMingo includes the tools and support you need at every stage of your healthcare journey and beyond
  - Learn more about childbirth, newborn care, and more all from the convenience of your mobile device
  - To register for YoMingo, visit [www.physiciansandmidwives.com/pregnancy-app/](http://www.physiciansandmidwives.com/pregnancy-app/) and click the blue registration button to sign up After registering, download the YoMingo mobile app from your phone's app store and log in.
- **End of Pregnancy**
  - Normal body changes as you approach labor: Pressure
  - Braxton Hicks Backaches
  - Round ligament pain
  - Spotting/mucus plug
  - Trust your body.
- **Preparation for Labor**
  - Exercise and healthy diet
  - Optimal fetal positioning

## TOPIC

## NOTES

- **Preparation for Labor - Continued**
- Cervical ripening after 36 weeks
  - Dates
  - Intercourse
  - Red Raspberry Leaf Tea
  - Evening Primrose Oil (as directed by CNM/MD)
- Childbirth education
  - Classes through hospital/P&M
  - Additional support
  - Hire a doula, especially if planning unmedicated labor
  - [www.doulamatch.net](http://www.doulamatch.net) or [www.dona.org](http://www.dona.org) List of recommended doulas from P&M
- **Prodromal/Early/Active Labor**
  - **Prodromal labor (cervical ripening):**
    - Irregular cramping
    - Waves of contractions
  - **Early labor (1-4 cm):**
    - STAY AT HOME
    - **Do NOT** immediately time your contractions  
Things to do: go on a walk, rest, bake a cake, watch Netflix
  - **Active Labor:**
    - Focus becomes more inward
    - Can't talk/walk through contractions  
Contractions become more regular
    - Comfort measures: birthing ball, movement, hydrotherapy, call doula, massage
- **When to Call the Midwife**
- Contractions: 3-1-1 or 5-1-1
- You suspect your water has broken  
Bright red vaginal bleeding Decreased fetal movement
- Physicians & Midwives is reachable at (703) 370- 4300
  - CNM/Doctor are on call at Inova Alexandria Hospital at all times (24/7)
  - If our on-call provider does not connect with you when you call, please dial our answering service directly at (703) 558-0851 or proceed to IAH

## Topic

## NOTES

### Hospital Expectations

- Arriving at the hospital
  - Enter through the **VISITOR ENTRANCE**
  - This includes patients with scheduled induction, C-Section, OB procedures, and patients with obstetrical complaints
- Triage Assessment
- Admission to a labor bed
  - Saline lock and labs
- Fetal monitoring: intermittent, continuous, wireless
- **Exception:** Patients with non- pregnancy- related medical Emergencies will still go to the **Emergency Department**.
- **Birthing Positions**
  - Can utilize peanut ball, squat bar, adjustable bed, etc.
- **Pain Management Options**
  - Unmedicated
  - IV pain medications
  - Epidural

### Common Questions

#### "Will my partner/support person be tested?"

No, but they will be screened for symptoms and have their temperature checked.

#### "Will my partner/support person be confined to my room for the duration of our stay?"

No. Your support person may not roam the halls on a phone call, but they may take a short leave to fetch food or feed your pets.

#### "May I have additional support people present?"

You may have two visitors and one certified doula during the labor and delivery experience. These visitors cannot switch out with others. For postpartum patients, one support person is allowed 24/7. Two additional visitors are allowed from 9 a.m. to 9 p.m.

For more information, visit their website at: <https://www.inova.org/about-inova/temporary-visiting-hours>. As you prepare for your delivery, make sure to regularly check this website for this most updated information regarding Inova's COVID-19 policies.

- **Birth**
  - Pushing
    - Unmedicated: await spontaneous urge to push; allows for position of choice
    - Epidurals: labor down; may lengthen duration of pushing
  - Standard Midwife Practice
    - Birth plan
    - Delayed cord clamping
    - Episiotomies are not routine
    - Skin-to-skin: "golden hour"
    - Rooming-in: baby is with mom in the room at all time
    - Pacifiers are not supplied by the hospital
  - **Induction of Labor**
  - Ultrasound in the office after 40 weeks (Biophysical Profile)
  - Induction by 41 weeks
    - Cervical ripening -
    - Cervidil
    - Cytotec (Misoprostol or Miso)
    - Cook's catheter or Foley Bulb
  - Pitocin
  - **Cesarean Sections**
    - Only recommended when medically indicated 1 support person in the OR
    - Breastfeed in recovery
- Remember, our #1 goal is Healthy Mom & Healthy Baby**

### Postpartum

- Lactation support available at the hospital
- Standard length of stay
  - days following a vaginal delivery
  - days following a C-section

### Postpartum Support Virginia

- [www.postpartumva.org](http://www.postpartumva.org)

P&M's Postpartum Class is available on-demand

- Register to view at  
<https://physiciansandmidwives.com/free-pregnancy-classes/>