

OBSTETRICS & GYNECOLOGY SPECIALISTS, P.C.
Midwifery at “The Group”

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28 Week Visit

Congratulations, at 28 weeks gestation, you have made it two-thirds of the way through your pregnancy. There are some important things we want you to know at this time. This is also a time to finalize many decisions and discuss birth planning.

Pre-registration: You should now make sure you are pre-registered at Genesis Medical Center for your delivery. All insurance information should be clarified at the hospital and our office by now.

Office Visits: Women in their first pregnancy will be seen more frequently now, usually every two weeks until 36 weeks gestation. At 36 weeks gestation, you will then be seen weekly until delivery. Patients with certain high-risk problems will be seen as needed on an individual basis.

Fetal Development: At 28 weeks gestation your baby weighs approximately 2 1/2 pounds, and all major organs are formed including fingers, toes, ears, and hair. Your baby can even hiccup. As you enter your third trimester, your baby is preparing to mature and grow. Good nutrition is essential at this time. At approximately 36-37 weeks gestation, the kidneys and lungs mature which is critical before birth can safely occur.

Fetal Movements: From 28 weeks on, your baby should move consistently each day. After you have gotten up in the morning, try and make a point of being aware that you baby had moved at least ten times each day. Good fetal movement is a sign of well being for your baby. Patients will be given additional instructions regarding fetal movement counting and other tests to assess fetal well-being.

Vacation & Travel: Most women can travel safely until close to their due date. Ideally, trips should be planned during the second trimester (14-28 weeks of pregnancy) which is the most comfortable time for most pregnant women. The rule of thumb for both domestic and foreign trips is to follow your body's level of physical comfort.

- When traveling, remember to walk around frequently (every 1 1/2 hours or so).
- Wear a seatbelt adjusted properly to allow for pregnancy.
- If traveling far from home, take a copy of your prenatal record with you.
- Flying is generally safe during pregnancy. Airlines in the United States usually allow pregnant women to fly up to 36 weeks of pregnancy.
- Metal detectors used for airport security checks are not harmful to the fetus. Although travel during pregnancy is safe in most cases, it is not recommended for women who have serious health problems that need special medical care. If you are unsure about whether travel is safe for you, ask your doctor or nurse-midwife.