# What to Know During Your Pregnancy—

# 14 to 28 Weeks

UNM HOSPITAL

HLO Approved
2/25
812-2395

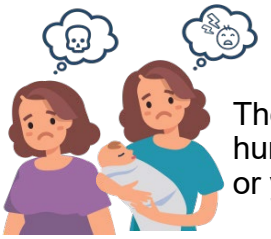
2211 Lomas Blvd NE
Albuquerque, NM 87106

We look forward to caring for you and hope all goes well during your pregnancy and right afterwards (postpartum). Just in case, here's some information on when to call (**1-877-925-6877**) or come in to UNM OB Triage on the **fourth floor of the Bill and Barbara Richardson Pavilion (BBRP)**.

# Urgent Maternal Warning Signs

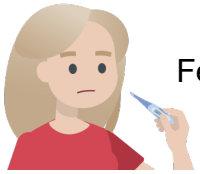
Headache that won't go away or gets worse over time

Dizziness or fainting



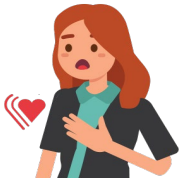
Thoughts about hurting yourself or your baby

Changes in your vision



Fever

Trouble breathing



Chest pain or fast-beating heart

Severe belly pain that doesn't go away

Severe nausea and throwing up (not like morning sickness)

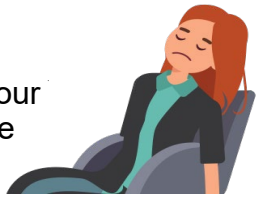
Baby's movements stopping or slowing

Vaginal bleeding or fluid leaking during pregnancy

Vaginal bleeding or fluid leaking after pregnancy

Swelling, redness, or pain in your leg

Extreme swelling of your hands or face



Overwhelming tiredness

If you have any of these symptoms during or after pregnancy, contact your health care provider and get help right away.

**If you can't reach your provider, go to OB Triage. If you are seen at a hospital different from UNMH, remember to say that you're pregnant or have been pregnant within the last year.**

Learn more: https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs/

Take a photo to learn more

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# What's in this Booklet?

We want you to stay safe and healthy during your pregnancy! This booklet has information for weeks 14-28 (months 4-7 of your pregnancy).


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# More Choice for You during your Pregnancy and Birth

At the University of New Mexico Hospital, we know that every patient is different. Every patient has different health needs. We want to give you as much choice as we can for your best care. To do this, our Midwives, Family doctors, Obstetricians, Anesthesiologists, and Nurses work together on our Labor and Delivery Unit. We call this an **integrated model of care.**

## What does an integrated model of care mean for you?

Three different kinds of providers work along with our nurses as a team. Each kind of provider brings a specialized approach and shares that knowledge with the team. You are at the center of this team and can make choices that fit your needs and values. Providers from each of these areas are available 24 hours a day.

In Labor and Delivery or OB Triage, patients may want care from the same kind of providers they saw for prenatal care. We do our best to assign your provider on this basis. We also take into account what kind of care you need. These assignments can change as we consider your care needs, what is happening on Labor and Delivery, and how many patients each provider has at any point. This process helps us make sure you and all the other patients get the safest, best quality care possible.

# OB Triage

OB Triage is the part of the hospital that takes care of pregnant patients who are in labor or have an emergency. It is always open.

## Things to Know about OB Triage

- You can call the OB Triage nurse advice line at **1-877-925-6877** if you have questions**.** The nurse can help you decide if you need to go to OB Triage.
- OB Triage staff will see the patients who are the sickest or are in labor first.
- 2 people may be with you in the triage room.
- Bring a snack and something to drink in case you have to wait
- Providers send most patients from OB Triage to Labor and Delivery when they are actively in labor. Active labor is when the cervix is open (dilated) about 5 to 6 centimeters.

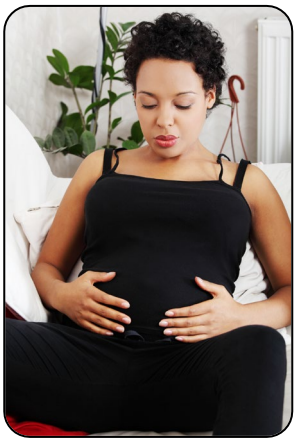
## Where is OB Triage?

OB Triage is on the **4th floor** of the Bill and Barbara Richardson Pavilion (BBRP). BBRP is the newer part of the Hospital. The address is 2211 Lomas Blvd NE.

# Preterm (Early) Labor

## What Are the Signs of Preterm Labor?

- You are less than 37 weeks pregnant and are having 4 or more contractions in an hour.
    - It is normal to have some contractions of your uterus. They can happen when you change positions, such as from sitting to lying down. But if you have 4 or more contractions in an hour, your cervix may open up and the baby might come early.
- You have cramps (like when you have your period) in the lower belly. The cramps might come and go or they might be constant. You may have diarrhea or you might not.



- You have a low dull back ache below your waistline. The ache might come and go or it might be constant.
- You feel pressure in your pelvis that comes and goes or feels like your baby is pushing down.

You have discharge (fluid) coming from your vagina that is new or different from normal. It might be watery, mucous-y, or bloody.

## What should I do if I'm having preterm labor?

Lie down on your side. Place a pillow at your back for support. Don't lie flat on your back, but don't turn too far forward on your side either.

- Lying flat on your back might cause the contractions to happen more often.
- If you lie too far forward you might not be able to feel the contractions.
- Drink several large glasses of water and pee often. Sometimes being dehydrated can cause contractions.
- Try taking a warm bath. Sometimes this can relax your muscles so your contractions slow down or stop.
- Track your contractions for one hour.
    - Count the number of minutes from the beginning of one contraction to the beginning of the next. That will tell you how often they are happening.

### Did you know?

Some pregnant people have more risk of having preterm labor—for example, if you are having twins or if you have had a preterm birth in the past.

Ask your provider if you have a higher chance of having preterm labor.

### How Do I Know If I'm Having Contractions?

- Lie down. Put your fingertips on the top of your uterus.
- If your uterus is contracting, you will feel your abdomen get tight or hard during the contraction. Then you'll feel it relax or soften when the contraction is over.
- Preterm contractions may or may not be painful.

## Call the OB Triage nurse advice line at 1-877-925-6877 if—

- you have any signs of preterm labor for more than one hour.
- you have any fluid or blood leaking from your vagina.

# Things to Do

## During Weeks 24-28 of Your Pregnancy

You will visit the clinic regularly. You will have some important tests to make sure you and your baby are safe and healthy.

### Gestational Diabetes Screening

Some people have high blood sugar during pregnancy. This is called gestational diabetes. It can cause serious problems for you and your baby.

To test for gestational diabetes, you will drink a very sweet orange drink and then get a blood test. We recommend that you get this test done between 24 and 28 weeks.

### Blood Count

The blood count test tells us if you have anemia (low iron in your blood). This test is also called the hematocrit test.

### Syphilis

Syphilis is a sexually transmitted infection that can be very dangerous for your baby. We check again at 28 weeks to see that you do not have this infection.

### Antibody Screening and Rhogam Shot

We will test your blood type for a protein called Rh. If you are Rh negative (you don't have the Rh protein) and your baby is Rh positive (has the Rh protein), your baby can have health problems. Antibodies in your blood can attack your baby's blood cells.

If you are Rh negative:

- We will test your blood for antibodies.
- You will get a Rhogam shot. This shot prevents the antibodies in your blood from attacking your baby's blood. In other words, it keeps your baby safe!

If you are Rh positive, you don't need the shot.

### Words to know

**Gestational diabetes:** high blood sugar during pregnancy

**Rh**: a protein in some people's blood

**Rh negative:** you don't have the Rh protein in your blood

**Rh positive:** you have the Rh protein in your blood

**Antibody:** a cell that fights infections or other foreign things that enter your body

**Rhogam shot:** A shot that keeps your blood's antibodies from attacking your baby's blood

# During Weeks 28-34 of Your Pregnancy

## Choose a Location for your Baby's Health Care

While you're in the hospital, UNM medical staff will take care of your baby. After you leave the hospital, you'll need to take your baby to a health care location that takes care of children. If you choose a UNMH location we will assign you a pediatrician (baby and children's doctor).

## Go to Childbirth Education Classes

**Birthly** offers live, interactive online classes for you. You can attend Childbirth, Breastfeeding and Newborn Care, and much more from the comfort of your own home. UNMH partners with **Birthly**, so **these classes are free!**

To get to your free classes, scan the code or log onto https://www.mybirthly.com/unmhealth. Choose **all** the classes you would like to go to. You can attend as many as you like. Choose the dates and times that works best for you. At checkout, enter the code "UNM" and you will have your classes for free**.**

## Get Your Whooping Cough Shot (Tdap Vaccine)

Whooping cough (sometimes called pertussis) is a serious disease that can cause babies to stop breathing. Babies can get their first whooping cough vaccine at 2 months old. You can avoid the gap between when they are born and when they can get the vaccine if **you** get a whooping cough vaccine called Tdap during your pregnancy. It is safe to get Tdap while you are pregnant.

Tdap doesn't put your pregnancy at risk for complications like low birth weight.

You can't get whooping cough from the vaccine.

Getting vaccinated passes antibodies to your baby so they will be born with protection against whooping cough. You should get your shot in your 27th through 36th week of pregnancy. We recommend getting the shot closer to week 27 because this gives your body more time to pass the protection on to your baby.

### Is the Tdap vaccine safe for me and my baby?

Yes, the whooping cough vaccine is very safe for you and your baby. This vaccine is safe if you are breastfeeding. You may be able to give your baby more protection through breastfeeding.

## Pay Attention to Your Baby's Movement

Healthy unborn babies move a lot. Some babies are more active than others.

By 28 weeks of pregnancy, most people know how their babies move and the times of the day when their baby is more active. Pay attention to your baby's movement pattern. This pattern should continue right up until your baby is born.

You might feel your baby:

- kicking, fluttering, twisting, rolling, and turning.
- sleeping (not moving) for up to 40 minutes at a time.

You know your baby's pattern of movement better than anyone else!

## If Your Baby Is Moving a Lot Less

1. Call your provider or the nurse advice line at 1-877-925-6877 within 12 hours.

If you are not sure if your baby is moving a lot less, count your baby's movements. Here is how.

2. Eat or drink something.
3. Lay on your side.
4. Write down the time you start.
5. Place your hands on your belly and notice when your baby moves. Any movement counts! (twists, turns, kicks, etc.)
6. Count until you reach 4 to 5 movements in 1 hour or 10 in 2 hours.
7. If you don't get 10 movements in 2 hours, call the nurse advice line at 1-877-925-6877

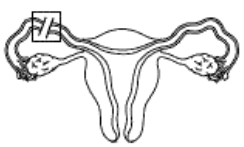
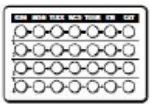
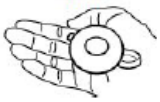
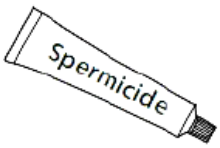
If you don't feel 10 movements in 2 hours, call the nurse advice line: **1-877-925-6877**

# Think about Family Planning and Birth Control Options

If you want or need birth control, start thinking about what type of birth control you might like to use after your baby's birth. Your provider will talk with you about this. This chart shows the most effective and least effective types of birth control.

**Most**

**Least**

| | | |
|---|---|---|
| **Most Effective**<br>Less than 1 pregnancy for every 100 people | **Sterilization**<br>  <br>After the procedure little or nothing to remember. Male and female options. Sterilization is permanent | **Implant**<br> <br>**IUD**<br> <br>Once in place, little or nothing to do or remember. |
| **Somewhat Effective**<br>2 to 8 pregnancies for every 100 people | **Shot**<br> <br>Get repeat shots on time | **Pill**<br>  <br>Take a pill every day | **Patch**<br> <br>**Ring**<br> <br>Keep in place. Change on time. |
| **Less Effective**<br>15 to 25 pregnancies for every 100 people | **External (outside) Condom**<br> <br>**Internal (inside) Condom**<br> <br>**Sponge**<br>  <br>**Cervical Cap**<br> <br>**Diaphragm**<br> <br>Use correctly every time you have sex. Sponge and cervical cap are less effective for people who have given birth. | **Fertility Awareness Methods**<br> <br>Don't have sex or use condoms on fertile days |
| **Least Effective**<br>15 to 25 pregnancies for every 100 people | **Breastfeeding**<br> <br>Breastfeed only up to six months | **Spermicide**<br>  <br><br>Use correctly every time you have sex. | **Withdrawal**<br> |

This chart was adapted from a chart by the CDC (Centers for Disease Control).

# Breastfeeding— You Can Do It!

## How Will I Learn to Breastfeed?

When you are at the hospital, our team will help you. Here are some things we might tell you or teach you about breastfeeding.

- We encourage the baby to be skin-to-skin, naked against your bare chest right after the birth (if you and your baby are stable). You can start bonding and feeding your baby as soon as possible.
- We help you notice feeding cues so you know when the baby wants to eat.
- We encourage you to breastfeed any time your baby wants to eat. This is called feeding on demand.
- We teach you how to find the best positioning and latch.
- If all goes well with the birth and neither you nor the baby needs a procedure, the baby will room-in with you. That means that the baby stays in your room at all times so you can snuggle, feed often, and look for hunger signs.

## Websites on Breastfeeding

- https://kellymom.com/
- https://llli.org/
- https://breastfeedingnm.org/

Our Lactation Clinic is happy to meet with you before and after you have your baby if you have questions. Call 505 272-0480 to schedule an appointment.

# Locations for Your Care

**UNM Hospital**
Women's Health Clinic, 4th Floor ACC
2211 Lomas Blvd NE, Albuquerque
Phone—**505 272-2245**

**Maternity and Family Planning North Valley**
Los Griegos Community Center
1231 Candelaria NW, Albuquerque
Phone— **505 272-2158**

**Maternity and Family Planning West Mesa**
Alamosa Community Center
6900 Gonzalez Rd SW Suite H, Albuquerque
Phone— **505 272-2154**

**Eubank Women's Health Clinic**
2130 Eubank Blvd NE, Albuquerque
Phone—**505 272-2245**

**UNM Family Health Westside Clinic**
4808 McMahon Blvd NW, Albuquerque
Phone— **505 272-2900**

**Sandoval Regional Medical Center**
3001 Broadmoor Blvd NE, Rio Rancho
**Clinic Visits Only— No Hospital Services**
Phone—**505 994-7000**

**Family Practice Maternal Child Health Providers** provide prenatal care services in other locations throughout Albuquerque. For an appointment, call **505-272-0204**.