

## Second Trimester Information (13 through 28 weeks)

### Classes

There are a number of different types of childbirth classes, some of which emphasize specific techniques for managing your labor. In general, it is helpful to become educated about what to expect during the labor process. Virtua Voorhees offers a number of different types of classes which can be found at [www.VirtuaBaby.org](http://www.VirtuaBaby.org). The site also provides information regarding tours of the hospital. These classes include, but are not limited to, breastfeeding basics, hospital tours, infant health and safety, sibling classes, exercise classes and regular childbirth classes. We encourage all women to attend childbirth classes and are glad to answer any questions.

### 28 Week Lab Tests

At 28 weeks of pregnancy, several tests are done. A repeat CBC is done to check for anemia. A second HIV test is done to fulfill state requirements. If your blood type is Rh negative, a blood type and antibody screen is repeated prior to giving a Rhogam injection to prevent complications in this or future pregnancies. Finally, a 1 hour glucose tolerance test is done to check for gestational diabetes. A 50 gram glucose drink is ingested over 5 minutes and then all of the blood tests are drawn 1 hour later. If the 1 hour glucose level is too high, either you will be treated as a gestational diabetic (pregnancy induced) or you will have to do a 3 hour glucose tolerance test to help clarify the diagnosis.

### Fetal Kick Counts: When, Why, How

Fetal kick counts are a way of making sure your baby is doing well. They should be done once daily starting at 28 weeks. The best time to do the kick count is right after you have eaten. This is a time when your baby is awake and moving. There are numerous opinions on how many movements you should feel within a certain amount of time. ACOG recommends that you time how long it takes to feel at least 10 kicks, flutters, swishes or rolls. Ideally, you want to feel at least 10 movements within 2 hours. You will likely feel 10 movements in less than that amount of time. If your baby does not move the number of times he should, drink 2 or 3 glasses of juice or something with sugar in it. He should then move 5 times in the next hour. **If your baby doesn't move as expected, please call the office immediately.**

### Premature Labor: How do you know if you have it?

Premature labor feels like period cramps or a tightness that comes and goes in your lower back and/or stomach. Usually your whole stomach will get hard at the same time. It is normal to have occasional contractions during your pregnancy. These occasional contractions will increase as you near the end of your pregnancy. If you have 5 or more in 1 hour and are less than 36 weeks pregnant, it may be your body's way of telling you to take it easy or it could be an indication of a problem. The first thing you should do is to empty your bladder, sit down, put your feet up and relax. Drink 3 or 4 glasses of water. **If, in the next hour, you continue to have 5 or more contractions, call the office.**

### Vaginal Birth After Cesarean (VBAC)

If you have had one cesarean section (C/S) in the past, this does not mean you will have one again. Advantages of VBAC are a shorter recovery time, prevention of possible complications from surgery such as infection and bleeding, and less pain after delivery. Advantages to the baby are decreased fluid in the lungs and possibly less exposure to anesthetics. We will discuss VBAC with you in more detail during your office visits. A good resource can be found on the ACOG web site: <http://www.acog.org/~media/For%20Patients/faq070.pdf?dmc=1&ts=20120612T1349006528>

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