



### **Third Trimester Tips**

You have now begun, or are about to begin, the third trimester of your pregnancy. I would like to take this time to remind you of a few items that need to be completed:

- Call the office for regular contractions 4-5 minutes apart going on for 1 hour, or leaking of any fluid, or vaginal bleeding, or decreased fetal movement (less than 10 movements in an hour once a day)
- Name of pediatrician. If you are undecided, please ask your healthcare provider for recommendations.
- Labor preparation classes. You should have begun or are about to begin classes. These classes are specifically designed to meet the needs of our patients, and for your convenience, Childbirth Education classes are available in Fort Myers and Cape Coral. If you need more information, please let us know.
- Labor medication. If you are planning to have an epidural, and have a medical condition that may affect this decision, discuss with your delivering provider as an anesthesiology consult may be recommended prior to your hospital admission.
- Hospital bag. You should consider making a list of items needed for your hospital stay. Here are a few suggestions for you to take with you to the hospital:

#### Personal Care Items

Toothbrush/paste  
Deodorant  
Shampoo/brush/  
hair dryer

#### Baby Items

Clothes (going home  
outfit or while in the  
hospital)  
Baby blankets (for going home)  
Hat/booties, if needed  
**Car seat**

#### Clothing Items

Robe/gown/  
slippers  
underpants  
Clothes (going home  
outfit or while in the  
hospital)

#### Miscellaneous

Paper/pen  
Baby book  
Small change  
phone  
Camera/video camera  
music  
air diffuser oil