



*Partners for
Women's Health*

3 Alumni Drive • Suite 401
Exeter, NH 03833
603-778-0557

Meeting the Changing Health Needs of Women

Congratulations! You are now in the 36th week of your pregnancy. This is an exciting time of preparation! You may have many questions and concerns in the final weeks leading up to the birth of your baby. We wish to make this period of waiting as easy as possible for you and your loved ones. We have compiled a list of things you might experience and a list of things you should report to your Physician or Certified Nurse Midwife. We have also identified the easiest ways to contact your provider if you should have questions or concerns after office hours.

Very Best Wishes,

The Physicians and Midwives of Partners for Women's Health



Normal things you might notice after 36 weeks:

1. Increased vaginal discharge without itching, odor, or irritation.
2. Increase in lower back discomfort.
3. Ankle swelling, especially in the evening.
4. A change in the quality and character of baby's movements. The baby is more crowded in the uterus now and may not have room for large body movements. However, your baby should continue to move approximately the same amount as it had been prior to this time.
5. Irregular uterine cramps or contractions. These are often referred to as "Braxton Hicks", false labor or labor "warm-ups".
6. You may or may not observe the loss of your mucous plug. This is not cause for concern and does not necessarily mean that labor will start soon.
7. Light bleeding or spotting in the first 12 hours after a cervical exam.

Things you should report to your Physician or Certified Nurse Midwife:

1. A decrease in your baby's normal activity or if baby has not moved at least 10 times during the day.
2. Any bright red vaginal bleeding, with or without accompanying pain.
3. Any signs that you might have broken your water: a sudden gush of fluid, or a slow trickle of fluid that does not appear to be related to urinating. Please note the color of fluid and the time of day.
4. A headache unrelieved by Tylenol or comfort measures, blurry vision or "floaters" before your eyes, abdominal pain, increased swelling, particularly if noticed in the face.



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**CONTACTING YOUR PHYSICIAN OR CERTIFIED NURSE MIDWIFE
WITH QUESTIONS or CONCERNS**

DURING OFFICE HOURS:

All patients should call the office for questions/concerns
during the office hours of 8:00AM-4:00PM at the following number:

Partners for Women's Health: **(603)778-0557**

AFTER OFFICE HOURS AND HOLIDAYS:

If your telephone call is made after office hours or during holiday hours, you will hear a message directing you to call **(603) 580-6552** where an answering service operator will take your name and page the Physician or Certified Nurse Midwife on-call.

IN AN EMERGENCY CALL 911 FOR ASSISTANCE