Weeks 27 to 32

You: Weight gain is faster in the last trimester. Your uterus is closer to your rib cage and your abdomen may move when baby moves. You may feel discomfort as your body changes.

- You may feel tired and need to rest or nap during the day.
- Some women feel full and eat snacks throughout the day, instead of meals. Choose low acid foods and foods high in nutrients. Drink ten, 8-ounce cups of fluid each day, even if you feel the need to urinate frequently throughout the day.
- Movement may feel more awkward as joints loosen and your center of gravity shifts. Be aware as you move to avoid loss of balance and falling.
- Be careful when doing activities, such as lifting, bending, pushing and pulling. Get help with chores. Talk to your provider about safe ways to exercise in the last trimester of pregnancy.
- Breasts may leak a thin fluid, called colostrum, so pads may be needed in a bra. Some women switch to a maternity bra as it has greater flexibility and comfort than a regular bra.
- Use pillows when sleeping or resting to add comfort and body support. Lie on your left side to give baby more oxygen.
- Talk to your partner and provider about your thoughts, feelings and concerns in the last months of pregnancy.
- If you have Rh-negative blood, talk to your provider about a Rhogam injection.

Your baby: Baby is about 15 to 17 inches long and may weigh 2 to 4 pounds. Baby’s eyes are sensitive to light and eyelids can open and close. Baby can hear while in the uterus. The brain and nervous system are growing quickly. The lungs are almost fully formed. Your baby’s body begins to store minerals, such as iron. Lanugo, downy hair that covers baby’s body, may start to fall off. Body fat fills out the skin and helps baby maintain his or her body temperature after birth.

- Share any changes to your health with your provider.
- Start fetal movement checks (kick counts).
- Exercise safely.
- Prepare the area where baby will sleep.
- Have car seat installed and inspected for safety.
- Share with family and friends how they can help after baby arrives.
- If you have other children, plan child care for labor and delivery.
- If you work, make a plan to hand off job tasks during maternity leave.
- Share baby’s doctor (pediatrician) name with your provider/hospital.
- Call the hospital at 614-293-8200 to pre-register for your delivery.
Weeks 33 to 36

You: By 36 weeks, the tightening and relaxing of the uterus continues to prepare your body for labor and delivery.

- If you have 4 or more contractions in one hour, drink several glasses of water and lie on your left side. If you continue to have 4 or more contractions in one hour, call your provider.
- You may have trouble sitting or standing for long periods of time. Lie on your left side and change positions often.
- You may naturally wake up at night to use the bathroom every few hours. Talk with your provider if you have trouble sleeping.
- Use a protective waterproof mattress cover or seat cover in the event your water breaks.
- If you have trouble breathing due to baby's position, know that baby will likely “drop” or move into your lower abdomen soon to prepare for delivery. It will make breathing easier.
- Plan for some alone time with your partner before your baby arrives. Take time to talk about your thoughts and feelings as partners and parents before your baby is born.

Your baby: Baby is 16 to 19 inches long and may weigh 5 to 6 ½ pounds. A special white protective coating, called vermix, covers baby’s skin. Baby’s skin is getting thicker as layers of fat fill in to protect the body. Baby’s organs are almost ready to function on their own. Your baby may start to change positions, such as dropping into your lower abdomen.
Weeks 37 to 40

You: You may feel excited, nervous, anxious, joyful or a mix of feelings at the end of pregnancy. You may have pressure in your lower pelvis as baby’s head enters the birth canal, called lightening. Time contractions when they occur, and prepare for labor and delivery. Go to the hospital when contractions are 5 minutes apart, last for 1 minute and continue for 1 hour, or as directed by your provider.

Your baby: Baby is 19 to 23 inches long and 6 ½ to 9 pounds at birth. Your baby may be larger or smaller. Movements may slow down as baby has less room in the uterus to move. Baby is fully developed and ready for birth.