

Third Trimester
Week 30

Length	Weight	Size
15.71in	2.91lb	 Large cabbage

Education

Common Symptoms:

Braxton-Hicks contractions, itchy skin, diarrhea, shortness of breath, frequent urge to urinate

Symptoms Explained!

Braxton Hicks contractions: If you feel a tightness in your abdomen, you may be experiencing what are called Braxton Hicks or practice contractions. These are contractions that help your body prepare for labor, but they are not a sign that you are actually going into labor. They can occur more frequently when you are tired or dehydrated, and they tend to occur later in the day. Braxton Hicks can get stronger as your due date nears, and it can become tricky to tell whether you're experiencing these practice contractions or if you are going into labor.

Itchy skin: With pregnancy weight gain and a growing belly, around 30 weeks pregnant you may start to experience itchiness as your skin stretches and dries out. Gently applying a moisturizing lotion and staying well-hydrated can help.

Diarrhea: At any time when you're pregnant, diarrhea can strike. If this happens to you, keep yourself well hydrated.

Feeling short of breath: This could be happening because your uterus is getting bigger and pushing your stomach and diaphragm up into your lungs, making breathing more difficult. In the last month or two of pregnancy, you may find breathing a little easier as your baby drops down into your pelvis, easing up the pressure on your lungs, but for now, you might experience some difficulty. Move slowly and sit up straight to give your lungs extra room to expand.

Have you felt an occasional rhythmic movement in your belly? It could be your baby hiccupping! At this time fetuses put on "baby fat," making their skin look less wrinkly - this helps to keep them nice and warm once born.

The fine hair that's been covering your baby's skin, which is called lanugo, starts to disappear around this time. Additionally at 30 weeks, the hair on your baby's head is starting to grow and thicken.

Potential Labs

Urine test, blood pressure check, measurement of your uterus, position of the baby, biophysical profile, and a check of your baby's heartbeat

Questions to Ask Your Provider

When will you get the Tdap vaccination?

This vaccine helps protect your baby from contracting whooping cough in the first few months after birth.

Who is your backup healthcare provider if your current one is on leave or unavailable over the next few months?

Is a 3D or 4D ultrasound scan recommended at 30 weeks, or in the coming weeks?

Do you recommend having a written birth plan?

A birth plan is an outline of your preferences during your labor and delivery. For example, your birth plan may include who you want with you during labor, whether you want pain meds, or if you want the lights dimmed. You can include anything you think will make your labor and birth more comfortable for you!

If you have been diagnosed with placenta accreta, what warning signs should you look out for during the third trimester and what are your chances of needing a cesarean section?