

*Third Trimester*  
**Week 33**

Length	Weight	Size
17.20	4.23lb	 pineapple

**Education**

Common Symptoms:

Frequent urination, braxton hicks contractions, leg swelling, carpal tunnel syndrome, itchy skin, abdominal cramping

Symptoms Explained!

Frequent urination. Your growing baby could be moving deeper into your pelvis, putting some unwelcome pressure on your bladder. This means you're probably peeing more often by day and by night. This pressure on your bladder can also lead to leakage when you laugh, cough, or sneeze. There's not much you can do to relieve this symptom, but if you are experiencing bladder leakage, try wearing a panty liner to keep you dry in case of minor accidents. Don't cut back on drinking water, because staying hydrated is especially important. It can be helpful, though, to make sure that you use the bathroom before you leave the house or head into a meeting at work, for example.

Braxton Hicks contractions. You're getting closer to your due date, so those "practice" contractions may be kicking into high gear and getting stronger. If you feel what you think may be true labor contractions, it's a good idea to time them; typical labor contractions will last up to 90 seconds and will come and go at regular intervals. Braxton Hicks contractions are more likely to occur in the evening and after physical activity like exercise or sex, and they subside when you move or change positions. If you have any doubts about the symptoms you are experiencing at 33 weeks pregnant, contact your healthcare provider immediately.

Leg swelling. Your growing uterus can place pressure on the major veins that move blood from your lower body to your heart, which can sometimes lead to swollen legs. If you experience swelling in your legs or feet, avoid standing for long periods. Whenever possible, elevate your feet to help improve circulation. Comfortable shoes and support hose can also help with this.

Carpal tunnel syndrome. Swelling can also place pressure on the nerves in your wrists and hands, which leads some moms-to-be to develop carpal tunnel syndrome. This affects the bones and ligaments in the wrist and can cause some discomfort, including numbness or tingling feeling in the hands. This symptom usually subsides after you give birth, and the discomfort should disappear along with the swelling. Wrist braces or splints could help make you more comfortable, and your healthcare provider may have additional advice on what to do.

Itchy skin. This is a common symptom that many moms-to-be experience later in pregnancy. Over the past few months, your skin has been expanding across your belly and breasts, and this can cause dryness and irritation. Make sure you're applying a gentle moisturizer day and night, and if the itchy feeling persists, consider taking a bath with cornstarch to help ease the unpleasant sensation. If it seems like you might have a rash, be sure to mention it to your healthcare provider.

Abdominal cramping. At 33 weeks pregnant, cramping can be a sign of preterm labor. Sometimes, but not always, this cramping is accompanied by diarrhea. If you notice either of these symptoms, let your healthcare provider know right away.

At this point in your pregnancy, your baby's brain is working hard, with all five senses working now. She can now hear and even see some of what's happening outside the womb. When she hears your voice, her heart rate may slow down, meaning she's more calm, and she's also able to distinguish light from dark in her small environment. In fact, your baby's eyes are developed enough that the pupils respond to light changes.

At some point in the last few weeks of your pregnancy, your healthcare provider will try to determine your baby's position. If your provider suspects your baby may be in the breech position — meaning either buttocks down or buttocks and feet down — he or she may suggest an ultrasound at 33 weeks pregnant to find out for sure.

With your increased size and protruding belly, at 33 weeks pregnant, sleeping through the night may be more difficult. Try to make your bed as comfortable as possible, adding pillows for your legs and abdomen. To feel a little more rested, take daytime naps whenever possible.

Back pain may be getting you down at 33 weeks pregnant. If so, do some gentle back bends to help ease the discomfort: As you stand upright, place your hands on your back and bend slightly backward (about 15 to 20 degrees). Repeat this movement a few times, as needed.

### ***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? (If you didn't already)

Do you need to register at the hospital where you're going to give birth? When and how do you do this?

If you think you're in labor, who should you call? What if it's after hours? At what point should you go to the hospital?

What are the risks and benefits of an episiotomy, and in what circumstances would it be recommended?

Are there any tests or scans you need now or in the coming weeks?