

*Third Trimester*  
**Week 35**

Length	Weight	Size
18.19in	5.25lb	 Honeydew

**Education**

Common Symptoms:

Frequent urination, trouble sleeping, leg swelling and pain, numbness and tingling in the hands and feet, heartburn

Symptoms Explained!

Frequent urination. One of the symptoms of your baby dropping lower into your pelvis in preparation for birth is that you may leak a bit of urine when you laugh, cough, or sneeze, or even just when you bend over. This can happen because your baby is now pressing on your bladder. One way to manage this is to go to the bathroom more often and wear a panty liner. Another way to help is to do Kegel exercises regularly to help strengthen the muscles in the area surrounding the opening of the vagina. This may help improve your bladder control by enabling you to clench those muscles more tightly if needed.

Trouble sleeping. It's not unusual to experience insomnia in the last few weeks of pregnancy because finding a comfortable sleeping position to accommodate your baby belly is difficult! Don't let this stress you too much. It might help to make your bedroom as comfortable as you can. Also, sleeping on your side with pillows between your knees could help. Experiment with pillows to see how they might give you the best support. Or, take over the recliner in the living room if that's more comfortable! Whatever it takes, rest whenever you can, even if it means trying to get in some daytime naps.

Leg swelling and pain. The majority of pregnant women experience swelling in their legs and feet. Swelling might occur because your body retains more fluid when you're pregnant. What's more, your uterus puts pressure on your veins, which impairs the return of blood to your heart and that causes swelling. Changes in hormone levels also trigger swelling. To help reduce swelling, try to avoid standing for long periods. When you're sitting, prop up your legs on a footrest or pillows. Wearing loose clothing and supportive shoes can also help.

Numbness in hands and feet. Sometimes swelling in your body presses on nerves and can cause numbness or tingling in your hands and feet. Don't hesitate to mention this to your healthcare provider if it bothers you often or causes pain. Wrist splints might help reduce the tingling in your hands. Resting in positions that take the pressure off your hands and feet, such as propping up your arms and legs on pillows, could help. The good news is that the numbness and tingling typically goes away after you give birth and the swelling subsides.

Heartburn. Heartburn is a burning sensation in your chest and throat. Hormones during pregnancy relax the valve between your stomach and esophagus. This allows stomach acid to come up into your esophagus, which, in turn, causes heartburn. To help prevent heartburn, try to avoid fried or spicy foods, citrus fruits, and chocolate. (Sorry about that chocolate part!) It might also help to frequently eat small meals rather than getting overly full on large meals.

Your baby's lungs continue to develop and are producing surfactant. Surfactant is a substance that helps your baby's lungs function properly and be able to take in air when she's outside of your uterus.

At 35 weeks, the circulatory system and musculoskeletal system are both fully developed, and she's probably shifting into a head-down position in preparation for birth.

Some signs of preterm labor include menstrual-like cramping, lower-back pressure, diarrhea, and increased vaginal discharge. Contact your healthcare provider right away if you notice any of the signs of preterm labor.

Although most babies are born vaginally, cesarean deliveries aren't uncommon. There are some conditions for which a cesarean delivery may be considered a safer choice than a vaginal delivery for either the mother or the baby.

A scheduled cesarean delivery may be recommended by your healthcare provider before you go into labor. Some of the reasons a planned cesarean delivery may be advised include:

Your baby is in breech presentation or in an abnormal position

You have placenta previa, which is a condition where the placenta blocks the baby from safely exiting the uterus

Your baby is potentially too large to pass through your pelvis and vagina

You've had a previous cesarean section, which may mean having another cesarean section is safer. Keep in mind, a vaginal birth after a cesarean is often possible. Read more about VBAC here.

During an upcoming appointment with your healthcare provider, you might ask about the chances of needing a cesarean section or what to expect if you end up having one.

### ***Potential Labs***

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

### ***Questions to Ask Your Provider***

What are your pain relief options during labor?

Can you still breastfeed if you have inverted nipples?

When you go to the bathroom, are there ways you can sit to help fully empty your bladder?

Under what circumstances might you need a cesarean delivery? If you do need one, what should you expect?

What is likely to happen during your hospital stay after your baby is born? How long can you expect the hospital stay to be?