

Prenatal Care

3rd Trimester

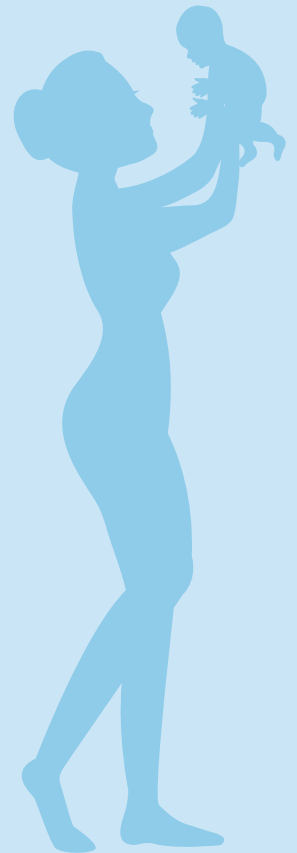


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Now that you are pregnant in your third trimester

During these last months of pregnancy, changes in your body will increase. You may experience more discomfort because your baby is preparing to be born.

What you should know:

- The baby moves much more and continues to increase her/his weight.
- All of the baby's organs are much more mature.
- The baby begins to settle in the pelvis; for this reason, there is more pressure and discomfort in the lower belly.
- You feel more energy, but you may also be more sentimental.
- Your skin may become drier and you may feel itching.
- There is slight swelling in the feet and ankles, occasionally on the face and hands.
- You should continue your daily activities, rest and avoid fatigue.
- You may feel shortness of breath.
- You will feel contractions, these can last longer and be very uncomfortable.
- Vaginal discharge increases and may contain mucus or blood, indicating that the cervical plug is detaching.
- You may see colostrum production (first breast milk) coming out of the breast.
- Take time to relax and use relaxation techniques, this helps reduce tension.

You have to be alert if you see or feel:

- Contractions before week 35.
- Any kind of bleeding or hemorrhage.
- Excess weight gain.
- Loss of amniotic fluid from the vagina.
- Fever, dehydration or infection.
- Decreased baby movement for a very long time.



Nutrition

The time is almost up, in the third trimester of pregnancy your baby starts gaining weight quickly, so you may be feeling some discomfort due to possible weight gain and contractions. Fluid retention is common at this stage, so it is important to take care of your diet to avoid complications in childbirth.

- Keep your body hydrated by drinking at least 8-ounce glasses a day.
- Eat from the five food groups (cereals, vegetables, fruits, meats and milk products) for a balanced diet.
- Eat foods that have a lot of calcium and protein, they help bone growth and the development of your baby's muscles and tissues.
- Avoid high-fat, over-salty meals.
- Eat fruits and vegetables every day.
- Eliminate foods such as: sausages, lunch meat, hotdogs, chorizo, among others.

After childbirth

- Consider light meals such as: mashed potatoes, tuna, fruits, toast, low-fat yogurt, salads, light soups, gelatin, clear liquids such as: apple juice or white grapes and water.
- You can start physical activity. It will help you recover from childbirth and return faster to your healthy weight. Follow your doctor's instructions.
- It is recommended to perform light exercises, which do not require much force (walking at a slow pace, stretching, swimming).

BREASTFEEDING

Breast milk is the best diet for your baby.

It is time to make important decisions for you and your baby. All mothers have the potential to successfully breastfeed and turn this act into a very special experience. Breast milk provides the most complete nutrition. It has the exact amounts of sugars, proteins, fats, water, vitamins and minerals your baby needs to grow and develop. Breast milk provides the child with the ideal food for the first six months of life and is excellent for the first two years when combined with other foods.

Breastfeeding

La composición de la leche durante los primeros días después del parto es de:

- **Colostrum:** It is the first milk, yellowish and thick liquid, which has been produced since week sixteen (16) in the pregnancy until the fifth (5th) day after delivery. It will help your baby fight infections caused by bacteria and viruses.
- **Transitional milk:** Occurs between the fifth (5th) and seventh (7th) days after delivery. Milk production is significantly increased.
- **Mature milk:** It is expected to change to mature milk around the seventh (7th) to the ninth (9th) day onwards.

The composition of breast milk varies depending on the time the mother has been breastfeeding and her nutrition. In addition, due to individual situations of the woman, the time of day and the time that the baby keeps sucking during the given feeding.

Breastmilk benefits for the baby

- It will help the baby fight ear infections, allergies, vomiting, diarrhea and other diseases typical of this stage.
- It has the exact amounts of protein, carbohydrates, sugars, fats, which makes it easier to assimilate and prevents constipation.
- Helps the growth of healthy teeth.
- Prevents childhood obesity.
- It promotes the development of the nervous system, improves understanding and vision.
- Breastfeeding creates an emotional bond between the mother and baby, contributing to the emotional health of the child.

Breastfeeding benefits for the mother

- Breastfeeding decreases bleeding after delivery, as it makes the uterus shrink faster.
- Helps the mother lose the weight gained during pregnancy.
- Lowers the mother's risk of breast and ovarian cancer, osteoporosis, diabetes and rheumatoid arthritis.
- There is no need to prepare formulas or clean or heat bottles, as breast milk is always at the right temperature. Also, you save money.

Breast care

It is important that every day you allow the breasts to stay for a while without brasier. You should wash your breasts only with water and use a suitable brasier for breast-feeding; not too tight. To prevent a breast duct from being clogged by the buildup of milk, you should breastfeed the baby at the indicated times or remove the milk frequently.

Breastfeeding

Steps for breastfeeding your baby

- Sit in a place where you are comfortable.
- Lie your baby in your arms near your breast.
- Choose the best position to breastfeed.
- Hold the breast with a C-shaped hand, with four fingers below the breast and thumb over the areola. You must pass the nipple over the baby's mouth to open it. As soon as the baby opens her/his mouth as big as possible, get close to the baby and make sure she/he has taken most of the areola. To prevent your baby from hurting, you should take her/him off by inserting your little finger between your breast and the baby's mouth.

Recommendations

- The use of vitamins during the breastfeeding period.
- While you are breastfeeding, do not use caffeine, drugs (including alcohol and cigarettes) and certain foods that can cause digestive problems and to the baby's nervous system.

Partner's role during breastfeeding

- The partner's participation is important for the decision to breastfeed and the maintenance of a successful breastfeeding. A partner who supports breastfeeding, protects and encourages the mother in this process. This will allow the mother to feel more confident that she will be able to achieve it successfully.
- Some examples of support and commitment to the breastfeeding process include accompanying the mother to breastfeeding classes during pregnancy, giving support at the hospital, understanding the adjustment period between mother and baby during the first few days, learning basic baby care skills, supporting household chores, and establishing attachment ties with the baby.



Delivery and postpartum care facts

Knowing about the signs and stages of childbirth will help you prepare and soothe any anxiety you may feel.

First Stage: Before Delivery

- The uterus shrinks rapidly to facilitate the baby's exit, causing pain.
- Cap/Plug Loss: The cervix has been covered by a kind of 'cap or plug'; a mucus that protects the inside of the uterus. This thick mucus, with small amounts of blood, is expelled when the cervix begins to open.
- Fluid loss from the vagina (water breaks): This occurs when the bag where the baby is surrounded by fluid breaks. This bag can break naturally without you feeling pain or can sometimes be provoked by your doctor.

Second Stage: Delivery

This stage begins when the cervix is fully open, at 10 cm. Usually at this time contractions are usually stronger and more continuous, combined with desire to push. This is the most intense part of childbirth. Your doctor may ask you to push gently so your baby's head can gradually stretch your vagina avoiding a tear.

Third Stage: Placenta Removal

This last stage occurs minutes after delivery, the uterus begins to shrink causing the placenta to separate from the wall of the uterus; it is right now that the doctor will ask you to push a little to get it out of the body.

PREMATURE BIRTHS

All births that occur before 37 weeks of pregnancy are considered premature births. A normal pregnancy should last approximately 40 weeks. Babies born prematurely have a significant risk of health problems, including: problems with brain, nerves, respiratory and digestive systems.

Delivery and postpartum care facts

There are many factors that can cause premature birth. Factors include:

- History of premature births.
- Age, under 17 or over 35 years.
- Bleeding during pregnancy.
- The cervix does not support the baby's weight.
- Pregnancies with more than one baby (twins, triplets, others).
- Severe urine infection, kidney disease, heart disease, preeclampsia, diabetes, severe anemias and alterations in the thyroid gland.
- Tension, stress and anxiety
- Lots of physical activity
- Having more than three miscarriages or natural abortions.
- Getting pregnant within a year of the last delivery.
- Being HIV positive or suffering from AIDS.
- Use of alcohol, cigarettes and other drugs during pregnancy.

Symptoms of premature birth:

- Contractions every 70 minutes or more.
- Persistent pain in the lower back.
- Pains and abdominal cramps in the belly with or without diarrhea or severe pricking feeling in the belly.
- Feeling like the baby is pushing down.
- Pains similar to those in menstruation.
- Vaginal bleeding
- Changes in vaginal fluids: brown or bloody.
- Fluid loss from the vagina (water breaks).

How to avoid premature birth:

- Maintain a balanced diet by eating from the five food groups.
- Avoid stress and make sure you rest well.
- Eliminate alcoholic beverages, smoking and other drugs.
- Attend your appointments regularly.

Delivery and postpartum care

CAESAREAN SECTION

A Caesarean Section or C-Section delivery is performed when a vaginal delivery is not possible or safe for mom or baby. C-Section is an operation done in the abdominal area to remove the baby and placenta from the uterus.

A C-Section is necessary when:

- Labor stops or cervix does not open enough.
- The umbilical cord wraps around the baby's neck.
- The placenta separates from the uterus or comes before the baby, which can cause bleeding and the baby may stop receiving oxygen.
- The baby is positioned buttocks first.
- The pelvis is very narrow, and the baby's head does not pass.
- The baby's heartbeat begins to become altered.
- There are health conditions such as heart problems, preeclampsia, HIV, among others.
- Some pregnancies with several babies, it will depend on the position of the babies.
- The mom had cesarean deliveries before.

Recovery:

C-section recovery takes time, unlike natural delivery, it can usually take 4 to 6 weeks. Those first few weeks it may hurt a little and you may feel tired, but it is important to get up and walk to speed up the recovery process. Make sure you have someone to help you at home and with the baby. Avoid activities such as climbing stairs or lifting heavy objects.

Delivery and postpartum care

POSPARTUM

After delivery, your body will be experiencing changes while it recovers.

It is normal:

- To have vaginal bleeding; this bleeding is much more abundant than menstruation and is caused when the placenta separates from the wall of the uterus. This bleeding lasts approximately forty days.
- To feel tired because labor is intense and can leave you exhausted.
- To get bruises on your face, the effort to push for a long time can leave marks on your face, but they are temporary and should disappear quickly.
- To feel pain in the canal muscles (vagina) of childbirth.
- Having contractions after childbirth, these contractions are very strong because they cause the uterus to return to the size it was before pregnancy.
- Feeling pain if you had an episiotomy, the wound is in an uncomfortable place and with the friction of movement tends to be uncomfortable.
- Having discomfort when urinating, during those first few hours after delivery you may feel burning or pain.
- Having difficulty evacuating.
- If you have had a C-section, you may feel a lot of pain in the wound area.

Remember to coordinate your visit after delivery between 21 and 56 days after your baby is born.



Delivery and postpartum care

POSTPARTUM DEPRESSION

The reasons that can cause postpartum depression are unknown, but it is believed that the stress caused by physical, hormonal and emotional changes has a lot to do with this type of depression.

Some of the symptoms are:

- Sadness
- Tiredness
- Lack of concentration and confusion
- Loss of appetite
- Feeling that you are not useful or guilt
- Difficulty performing chores at home
- Irritability towards the spouse and other children
- Problems sleeping
- Negative feelings or intolerance towards the baby
- Anguish
- Panic
- Fear of hurting yourself or harming the baby
- Thoughts of suicide

You should visit a health care professional for an evaluation and possible treatments.

Baby's bath

The baby should be bathed daily. Sponge baths should be given as long as the baby's belly button has not fallen.

Nutrition for the baby

The best alternative to feeding the baby is breastfeeding, but if by some reason you cannot breastfeed, you should consult with the pediatrician which is the best milk option in formula.

Visit to the pediatrician

After you leave the hospital with your baby, you should take her/him to the pediatrician in the first month of life for evaluation and follow-up. During this first visit, your doctor will perform a full physical evaluation of your infant and develop her/his medical history. Establishing a visitation pattern is important to ensure your baby's health.

Delivery and postpartum care

Some reasons to visit the pediatrician are:

- Symptoms or signs of illness
- Vaccines
- Behavioral changes
- Excessive crying and irritability
- Loss of appetite

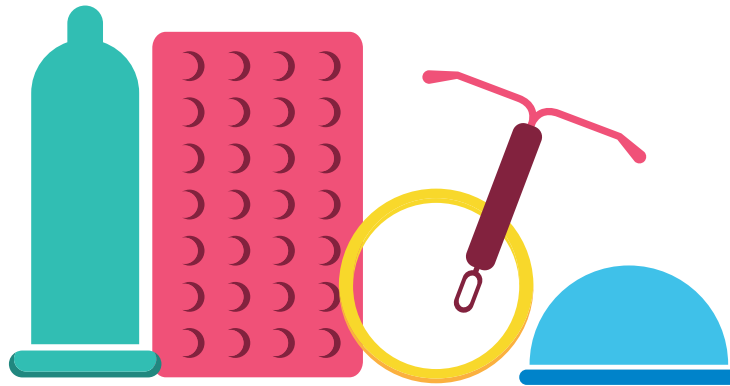
Screening tests to be performed

It is recommended to perform tests according to the ages and stages to detect some early signs of developmental deficiencies and provide the most appropriate treatment plan.

Car Seat

According to Law 22, Puerto Rico Transit Vehicles Act, any driver traveling with a child under the age of 9 is required to carry the child seated in a car seat in the back seat of the car. Children between the ages of zero (0) to twelve (12) months must travel in the protective seat facing back. For children between the ages of 1 to 4 they should also go in a protective seat but looking forward. In addition, it is required by Law that children between the ages of four (4) and nine (9) years of age or who measure four (4) feet and nine (9) inches (57 inches), whichever comes first, be seated in a raised protective seat, known as a booster seat. To verify that the protective seat installation is correct, visit the nearest Fire Station.

Contraceptive Methods



Female sterilization

A minor operation where the fallopian tubes are blocked. This prevents sperm from joining the egg. The procedure can be done at any time, even after delivery. This is a permanent method.

Vasectomy

It is an outpatient operation practiced on the man. It involves cutting and tying the channels through which sperm pass into semen. After it, approximately 20 ejaculations are required for semen to be sperm-free; this is why it is advisable to protect yourself using some method until your doctor tells you.

Birth Control Pills

They contain two hormones: estrogen and progesterone, similar to those produced by a woman's ovaries. It works by preventing the ovary from releasing eggs every month. These pills are taken every 24 hours throughout the month. A prescription is necessary for the delivery of this contraceptive.

Norplant

Six small fan-shaped silicone capsules are placed under the skin of the arm. The method works to prevent ovulation. It provides protection and reliability for five years, although it can be removed by the doctor when the woman decides.

Depo-Provera injection

It is a synthetic form of the female hormone progesterone, which is given with an injection and works by stopping ovulation. It is given every three months.

Diaphragm

It is a soft cup-shaped rubber that covers the entrance of the uterus, in which a sperm-killing cream is deposited. It should be placed before intercourse and removed at least 6 hours after the last sexual contact.

Contraceptive Methods

Intrauterine Device (IUD)

It is usually a small plastic frame, which can be bent and often carries a copper wire. It is placed in the woman's uterus, through the vagina. The IUD makes it difficult for sperm to move through the female reproductive system and reduces the chance of the egg being fertilized.

Vaginal Ring

It is ring-shaped and is a plastic that can be folded. It is placed on top of the vagina and releases estrogen and progestin that are absorbed through vaginal tissues. The ring is held in the vagina for 21 days, then it should be removed and wait 7 days before placing a new ring. During the week that the ring is not used, menstruation will come. This method is obtained through a prescription.

Skin Patch

Releases hormones that are absorbed through the skin. It should be placed on the skin (on the buttocks, upper outer arm, lower abdomen or upper body) once a week for three (3) weeks for a total of 21 days. During the fourth week the patch should not be used, allowing menstruation to occur. This method is available with a prescription.

Male Condom

It is a thin rubber lining that is placed on the penis during erection and prevents sperm from entering the uterus. It is considered the main form of contraception used by men. Reduces the risk of sexually transmitted infections (STIs), including Human Immunodeficiency Virus (HIV).

Female Condom

It is made of a thin and strong plastic with approximately seven inches in size, which is placed inside the vagina. It is a barrier method to prevent pregnancies, which can also protect women against various STIs.

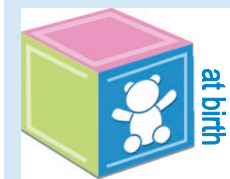
Creams, Foams and Suppositories

They create a barrier in the vagina to kill sperm. These should be used in combination with another method such as the condom or diaphragm.

Rhythm or Calendar

The rhythm or calendar method consists in calculating the days of the menstrual cycle you are ovulating on, during which there should be no sexual contact. It is taken on the first day of the menstrual period as the beginning of the cycle. For greater effectiveness or accuracy, you need to keep track of all menstrual cycles. Its use is recommended for women with regular periods.

Vaccination¹



HepB (1-2 months)



HepB + DTaP + PCV13 + Hib+
Polio + RV



DTaP + PCV13 + Hib + Polio+ RV



HepB (6-18 months) + DTaP + PCV13
+ Hib + Polio (6-18 months) + RV
+ Influenza (6 months, then yearly)



MMR (12-15 months) + PCV13 (12-15 months) +
Hib (12-15 months) + Chickenpox (12-15 months)



DTaP (15-18 months)



DTaP + MMR + Polio+
Chickenpox



Tdap + MCV (2nd dosage at 16
years) + VPH

Vaccination

HepB	Defends against infection with Hepatitis B virus
DTaP	It is for children under 7 years of age to protect against diphtheria, tetanus and whooping cough (acellular pertussis)
Hib	Covers against Haemophilus Influenzae Type b infections, including bacterial meningitis
PCV	Pneumococcal infection vaccine
Polio	Polio vaccine: this vaccine is also known as IPV
RV	Vaccine against rotavirus infections
Influenza	Influenza vaccine (flu)
MMR	Measles, mumps and rubella vaccine (German measles)
Chickenpox	Chickenpox vaccine
HepA	Hepatitis A virus infection vaccine
Tdap	For teenagers from the age of 11. Covers against diphtheria, tetanus and whooping cough.
MCV	Meningitis vaccine
VPH	Human Papillomavirus. There are two (2) dosages: 0 and 6 to 12 months.

¹For some vaccines the dosage may vary depending on the vaccine to be given, if the child suffers from any health conditions or if the vaccines have been given outside the recommended time on the vaccination itinerary.

Providing vaccines is a gift of love and health for our children. When we vaccinate our children, we protect them from serious illnesses. Vaccines are preventive measures against the spread of infections. Currently the reaction that a vaccine can produce is less compared to the benefits they offer to health. For more information, contact your primary care doctor and nearest vaccination center.



Pregnant insured

If you have any questions, you can call the Clinical Management Unit at:

(787) 706-2552

"Now that you are pregnant, you need to take more care of yourself because your baby senses everything you feel. Lead a healthy life and maintain a good mood to make your baby a happy boy or girl."

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Call the customer service number on your ID card for assistance.

請撥打您 ID 卡上的客服號碼以尋求中文協助。

Gọi số dịch vụ khách hàng trên thẻ ID của quý vị để được hỗ trợ bằng Tiếng Việt.

한국어로 도움을 받고 싶으시면 ID 카드에 있는 고객 서비스 전화번호로 문의해 주십시오.

Para sa tulong sa Tagalog, tumawag sa numero ng serbisyo sa customer na nasa inyong ID card.

Обратитесь по номеру телефона обслуживания клиентов, указанному на Вашей идентификационной карточке, для помощи на русском языке.

ةيبرعلا ةغللاب ةدعاسملا بلع لوصحلل كتيؤه ةقاطب بلع دوجوملا ءالمعلا ةمدخ مقرب لصتا

Rele nimewo sèvis kliyantèl ki nan kat ID ou pou jwenn èd nan Kreyòl Ayisyen.

Pour une assistance en français du Canada, composez le numéro de téléphone du service à la clientèle figurant sur votre carte d'identification.

Ligue para o número de telefone de atendimento ao cliente exibido no seu cartão de identificação para obter ajuda em português.

Aby uzyskać pomoc w języku polskim, należy zadzwonić do działu obsługi klienta pod numer podany na identyfikatorze.

日本語でのサポートは、IDカードに記載のカスタマーサービス番号までお電話でお問い合わせください。

Per assistenza in italiano chiamate il numero del servizio clienti riportato nella vostra scheda identificativa.

Rufen Sie den Kundendienst unter der Nummer auf Ihrer ID-Karte an, um Hilfestellung in deutscher Sprache zu erhalten.

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Notes

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Enjoy every stage of your pregnancy and
remember that in Triple-S Salud we are here to
guide you. Call us at
787-706-2552