



WOMEN'S HEALTH ADVANTAGE

28 WEEK VISIT INSTRUCTIONS

Scheduling

- Your 28 week visit should be scheduled no later than 3 p.m. due to required lab testing. Please be certain that you arrive for this appointment at least 15 minutes early. On arrival, please advise the front desk personnel that you need to go to the lab first prior to having your appointment with your physician in order to drink your Glucola.

28 Week Labs

- At this office visit, your blood will be drawn to screen for gestational diabetes, anemia and syphilis. If your blood type is Rh negative, then you will also receive an injection called Rhogam.
 - Anemia is common in women during their third trimester of pregnancy.
 - Syphilis testing, which is called the RPR test, is mandated by the state.
 - Rhogam is given to prevent Rh negative mothers from making antibodies to Rh positive blood, in the case that your baby has Rh positive blood. You will be required to have your labs drawn prior to receiving your Rhogam injection.

Gestational Diabetes Screening

- The screening test for gestational diabetes consists of drinking a sugar drink called Glucola and having your blood drawn one hour after. You will see your provider during this one hour wait time.
 - On the day of your test you may eat a normal diet, but please limit sweet foods/drinks such as candy, cookies, soda, syrup etc.
 - You will not know the results of your test the same day. If your results are abnormal, you will receive a phone call from one of our nurses who will then give you further instructions. Normal results will be available online through the patient portal and/or discussed at your next routine visit.

Tdap Vaccination:

- The American College of Obstetricians and Gynecologists (ACOG) and the CDC (Center for Disease Control) recommend the Tdap vaccination to be given to all pregnant patients during each pregnancy, as early in the 27 to 36 week gestation window as possible. This allows for the mother to mount an antibody response and pass on this immunity to her baby prior to birth, allowing for greater protection of the newborn.
- The main goal of this vaccination is to protect the newborn from pertussis, or “whooping cough.” Pertussis causes uncontrollable, violent coughing which can make it difficult to breathe. After the coughing fits, one often needs to take deep breaths which result in a “whooping” sound. It can cause serious and even life-threatening complications, especially in infants who are three months old and younger. Infants do not begin their own vaccination series until two months of age and therefore are vulnerable from birth until this time.
- The vaccination is safe for both you and your growing baby. The CDC continually monitors the safety of all vaccines, which are held to the highest standards of safety.

Common Side Effects

- Pain, redness, or swelling at the site where the injection was given
- Headache and fatigue
- If you have any other symptoms, please call our office to discuss with one of our nurses.

If your partner has never been vaccinated in the past, it is recommended that they also receive the vaccination at least two weeks before the baby is born. The recommendation is the same for any family member or infant caregiver who will routinely be in close contact with the baby.

Your partner may receive the Tdap vaccination at Women’s Health Advantage for an additional charge due at the time the vaccination is given.

Permanent Sterilization

- If you are interested in permanent sterilization, this is a good time to begin this discussion. Please tell your provider if you are interested.
- Depending on your insurance, you might be required to sign a consent form at this visit.