

Things to Do at 24 Weeks of Pregnancy

Choose a Hospital for Delivery

Now is the time to decide where you want to deliver. We will send a copy of your prenatal records to your hospital. This is also a good time to register at the hospital. You can pick up forms when you check out or go online. Sign up for health education classes. We recommend breast feeding classes, infant CPR, childcare basics and prepared childbirth. Remember to use the hospital covered by your insurance. Plans through the Edinger Medical Group HMO must go to Orange Coast Memorial Hospital for delivery.

Preterm Labor Warning Signs

Call us if you experience any of the following:

- Menstrual-like cramps (constant or come and go, just above the pelvic bone)
- Low, dull backache (constant or comes and goes)
- Abdominal cramping (with or without diarrhea)
- Pressure (feels heavy)
- Increase or change in vaginal discharge (mucousy, watery, light or pink bloody)
- Fluid leaking from the vagina
- 5 or more uterine contractions or tightenings in an hour (may be painless)

Call us immediately, even if it is in the evening, the weekend, or a holiday. Don't wait until Monday morning. If you do not hear back from us within 10-15 minutes, go directly to the hospital.

Important Phone Numbers

The Women's Health Center	714-378-5606
<i>During normal business hours to reach the front office</i>	<i>Option 1</i>
<i>After 5pm, weekends or holidays to reach our on-call doctor</i>	<i>Option 3</i>
Hoag Hospital Labor & Delivery	949-764-5789
Orange Coast Medical Center Labor & Delivery	714-378-7532

One Hour Glucola (Diabetes Screen Test)

This is a blood test to screen for gestational diabetes (pregnancy induced diabetes). The timing of this test is important. We will give you an order for the test. Call the lab to make an appointment. You do not need to be fasting before you drink the glucola, but you should not eat or drink anything from the time you drink it until you have your blood drawn exactly 60 minutes later. Prepare to stay in the lab for one hour.

Start Thinking About Birth Control Options

If you are considering a tubal ligation (permanent birth control after your deliver) you will need to sign mandated state consent forms. Please discuss this with your doctor.

If Your Blood Type is Rh negative:

Problems caused by the Rh factor can be prevented in most cases with the use of a special drug—Rhogam. Treatment is recommended at 28 weeks of pregnancy. We will order a blood test—antibody screen—prior to your next visit. We will give you Rhogam at your 28-week visit if you do your 1 hour labs prior to your visit.

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