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28 Week Review

At 28 weeks, we like to give you an overview for the last trimester of your pregnancy. The baby now weighs approximately 1000 grams or 2 ¼ pounds. Your baby is now mature enough, with support, to survive outside the womb. Your baby is entering a rapid growth phase and will triple or even quadruple in weight by the end of the pregnancy.

Maternal Activity

If there are no particular medical problems or concerns, you may continue to work and exercise at what is comfortable until the end of pregnancy. If your pregnancy is high risk or there is a concern, your provider will instruct you on activity modifications.

Visits

Starting at 28 weeks you will have office visits at 2 week intervals until you reach 36 weeks. At 36 weeks, visits become weekly until you give birth. It may be beneficial to schedule several visits in advance as you approach your due date.

Gestational Diabetes Screen

At your 28 week visit we will screen for gestational diabetes with a 1-hour glucose screen.

- Approximately 30 minutes before your scheduled appointment, you should drink the entire glucola drink that was provided by the office.
- The drink should be consumed within 5 minutes of starting it.
- Please note the exact time of finishing the glucola beverage and notify the front desk when you arrive.
- Your blood will be drawn 1 hour after you finish the beverage.
- If you do not pass your 1-hour screen, you will be screened with a 3-hour glucose test.

Checking for Anemia

With your glucose screen, we also will check a blood count to ensure we can correct any anemia that may have developed during pregnancy. If you are found to be anemic, we will notify you to start an iron supplement.

- Iron Supplements: Vitron- C and Slow- Fe are both over the counter iron supplements that we recommend. If you are instructed to start iron, it should be taken at the opposite time of day as your prenatal for better absorption. Iron may turn your stool dark, or even black, and there is no reason for concern if this occurs. If you become constipated after starting an iron supplement, you may start taking a stool softener, such as Colace, 1-2 times a day.



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Your provider will review your lab results with you at your 30-week visit. If there is an abnormal value, we will contact you as soon as the lab is reported.

Rh Factor

If you are Rh negative and your partner is Rh positive, we will draw your blood at 28 weeks to assure you have not become sensitized to Rh factor. If you have not developed an antibody, you will receive an injection at the office called Rhogam at your 30-week visit.

Group B Strep Screening

A culture for a specific bacteria called Group B Strep will be collected from your vagina and rectum at your 36-week visit. This bacteria is harmless however, baby's that are exposed to Group B Strep have a higher risk for infection.

Emergencies

In the event of an emergency or preterm labor, after regular office hours, please call our answering service number at (1-888-798-2022). A physician will promptly return your call. Please keep your phone line free while awaiting the returned call. If it is a non-emergent matter, please wait until office hours and contact the office.

Pre- Registration At Holy Cross Hospital Silver Spring and Holy Cross Hospital Germantown

To register online go to www.holycrosshealth.org

Click on "For Patients" at top of page

Click on "Plan Your Visit" on left of page

Click on "Patient Registration Information"

Click blue button that says " Online Pre-Registration for Expectant Mothers"

Complete form and submit