

# Ninth Month

*Hadisa Podojak Infant/toddler*

# What to expect at checkup

you'll be spending more time than ever in the ninth month

## **Your doctor will check your**

- weight
- blood pressure
- your urine for sugar and protein
- The fetal heartbeat
- fetal size (rough weight estimate)

# What you may be feeling

- Difficulty sleeping
- heartburn
- leg cramps at night
- easier breathing after baby drops
- fatigue
- occasional headaches, dizziness, faintness
- bleeding gums
- backache and heaviness

# Emotionally

- more excitement/anxiety
- impatient restless
- relief that you're almost there

# Concerned

- Changes in fetal movements
- urinary frequency
- bleeding or spotting
- dropping or also called  
lightening
- the thought of delivery
- overdue baby

# Be Prepared

- When will you go into labor
- Overdue baby (is possible)
- Planned induction of labor
- Plan ahead pain relief
- Long labor

# False labor symptoms

- Contractions are not all regular  
don't increase in frequency
- Fetal movements intensify briefly  
with contractions
- Contractions subside if you walk  
around or change your position

# Real labor symptoms

- The contractions intensify
- More frequent and painful
- Contractions may feel like heavy menstrual cramps
- Your water breaks



# Tips

## **Pack a bag for the hospital**

- Pillow
- Socks
- Music
- Toothbrush
- Blanket