

INTRO:

IT'S A SEASON OF EMOTIONS WHEN YOU'RE HAVING YOUR FIRST CHILD. EXCITEMENT AND HAPPINESS LEAD THE POSITIVE CHARGE – NERVOUSNESS SETTLES RIGHT IN THE MIDDLE – AND FEAR AND ANXIETY CREEP INTO THE MIX AS WELL.

TAKE VO

YOU'VE PROBABLY GOT A LOT OF QUESTIONS RUNNING THROUGH YOUR HEAD... AND IT'S NATURAL TO RUN TO GOOGLE FOR A LOT OF THINGS. BUT MFOWETHU (mm-FOE-eh-too) LANGENI – A FAMILY MEDICINE PHYSICIAN WITH OSF HEALTHCARE WHO SPECIALIZES IN OBSTETRICAL CARE... HAS A KICKSTART LIST OF WHAT TO EXPECT WHEN YOU'RE EXPECTING.

BROKEN UP INTO THREE YOUR TRIMESTERS – MOTHERS WILL HAVE THEIR FIRST TRIMESTER APPOINTMENT TO TALK ABOUT FAMILY HISTORY... MEDICAL HISTORY... AND PAST PREGNANCIES. YOU'LL ALSO GET SOME BLOOD WORK DONE TO FIGURE OUT YOUR BLOOD TYPE... AND GET A PELVIC EXAM TO MAKE SURE EVERYTHING LOOKS GOOD.

TAKE SOT | DR. MFOWETHU LANGENI | FAMILY MEDICINE PHYSICIAN | OSF HEALTHCARE

"A lot of times moms will experience morning sickness the most in the first trimester. It's usually because of the pregnancy hormone (human chorionic gonadotropin, or hCG) that spikes really high. Then it starts to taper off, so those symptoms start to go away. You can get some nausea or vomiting throughout the whole duration of your pregnancy, but it's usually going to be the first and early second trimester."

VO TAG

THE SECOND TRIMESTER CAN BE A REALLY EXCITING TIME... WHERE YOU FIND OUT THE SEX OF YOUR BABY... AND YOUR BABY'S INTERNAL ORGANS ARE GROWING REALLY FAST. THIS IS THE FIRST TIME YOU'LL SEE YOUR BABY... TOO. THROUGH ULTRASOUND! IN THE THIRD TRIMESTER – YOUR O-B VISITS WILL HAPPEN MORE OFTEN. FROM WEEKS 28 TO 36 – IT WILL BE ONCE EVERY TWO WEEKS... THEN THE FINAL FOUR WEEKS... YOU'LL SEE YOUR TEAM EVERY WEEK. THIS IS ALSO A GREAT TIME TO SCHEDULE A HOSPITAL TOUR TO GET A WALKTHROUGH OF THE BIRTHING SUITE AND LABOR & DELIVERY FLOOR. THIS WILL HELP YOU KNOW WHERE TO GO AND WHAT TO DO WHEN YOU GET TO THE HOSPITAL.

EXTRA SOTS/INFORMATION

In the third trimester, mothers' office visits become more frequent. You'll see your care team every two weeks from week 28-36, and then once a week from weeks 36-40.

"This is the part of the pregnancy where you start to talk about 'how am I going to deliver my baby?' There are different methods, vaginal delivery vs. C-section," Dr. Langeni says. "If we need to get baby out a little early, for whatever reason. We'll also talk about the things we're going to do once you're at the hospital. Are you going to have medicines? Do you want no medicine? We'll talk about pain management and things like that so you can get acclimated on what to expect when baby is right around the corner."

Dr. Langeni says it's extremely important to have a conversation with your OB about water breaking scenarios ahead of it actually happening.

"If you feel like your water broke, it's always recommended to come to the hospital or your primary obstetrician," Dr. Langeni says. "They'll do some tests to make sure your water is truly broken. But sometimes your water doesn't break, and then a scenario pops up where 'I'm past due and my water hasn't broken. I'm not going into labor, what should I do?' Those are really good discussions most providers will have with their

patients before something like this happens. Then at least when something like this may happen, it's not the first time you're hearing about it."

Some OB teams will tell the mother she needs to be induced by a certain date, due to health and wellness of mother and baby.

"It depends on what your primary OB has in place for you. From my experience, a plan may be set in place that says when you hit a certain gestational age, for any reason, then we're going to go ahead and induce. Or if you haven't gone into labor by a certain point, we'll have you come to the hospital to start that labor process, so you can have a natural delivery."

If you're in your third trimester and you haven't scheduled a hospital visit to learn the lay of the land, you probably should! Dr. Langeni says this is a great way to see what a birthing suite will look like where you plan to deliver, learn more about the process and figure out specifically where to go in the hospital.

You can reach out to OSF HealthCare hospitals around the Ministry by filling out this [form](#) for a birthing tour. A Mission Partner will get back to you shortly and help set up your walkthrough!

Now, it's baby time! OSF has a "hospital bag essentials" checklist for the mother, baby and support person during your stay you can find [here](#). Birthing classes before you head to the hospital are important as well. Find those resources [here](#).

OSF has OB/GYNs and care teams throughout the Ministry. You can find a list of providers [here](#), along with locations and additional resources to help you on your journey to parenthood!