

Things to Do at 32 Weeks of Pregnancy

Pelvic Exams and Vaginal Culture

We usually start pelvic exams at 36 weeks of pregnancy to check your cervix and fetal position. A vaginal and rectal culture is done at approximately 36 weeks. If this culture is positive for Group B streptococcus, we recommend IV antibiotics during labor.

Signs of Labor

- Strong regular contractions that do not go away for at least one hour
- Water bag breaks—this can be a gush of fluid or a constant trickle
- Vaginal bleeding not associated with an exam or heavy, like a period
- The baby is not moving 10 times in two hours

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

Labor, Delivery, and Postpartum

Please fill out 'Choices in Childbirth' (available on our website). Also, review and sign the 'Consent for Assisted Vaginal Delivery' and bring it to your next visit.

Breastfeeding

We recommend classes which are offered at both Orange Coast Memorial and Hoag Hospital. You can also refer to 'How Will Breast Milk Help My Baby.' All links and forms are available on our website.

Banking Cord Blood?

If you have decided to save cord blood, remember to bring your kit to labor and delivery. We have some kits available in our office.

Select a Pediatrician

We will give you a list of doctors in the area. Remember to check with your insurance. If you want your son circumcised, this will be done by your pediatrician usually during your hospitalization.

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