



CATHY J. BERRY, M.D.
& ASSOCIATES | Joining Hands in Women's Wellness

28 Week Information Sheet

After the 28th week of pregnancy you will be in the third trimester. Just 12 weeks remain until your estimated due date. Here is some important information to remember in the third trimester.

Prenatal Pediatrician Visit: We recommend you make an appointment to meet with the pediatrician or family care physician that you have chosen to care for your baby prior to delivery. Some practices don't require an appointment, but it is a good idea to call and see what they require before delivery.

Fetal Movement Record: Attached you will find a sheet to record your baby's movement every day. We feel this is a useful tool to help you and us ensure your baby is moving well. We do not need you to bring this sheet back. The purpose of it is to recognize your baby's normal movement. You know your baby's movements the best, and if anything **EVER** seems off please call our office immediately.

Childbirth Classes: If you have not signed up for your childbirth classes now would be the time to do so. We encourage everyone to sign up for these classes as they can be helpful. If you did not receive the "First Steps" brochure at 20 weeks, please let our office know.

Out of Area Travel During Pregnancy: Travel greater than 50 miles away from the hospital in Syracuse is discouraged after 34 weeks. Any patient with a complication (i.e. GDM, HTN, etc.) or twins is expected to remain within 50 miles of the hospital from now until delivery. We understand that you may live greater than 50 miles away from the hospital and this should be discussed with the provider. Should you have to travel, please let our office know. We can also provide you with a copy of your OB chart to take with you in case you need to be seen while away.

- Should you have a problem or concern while you are away please contact our office first and discuss the problem.

Insurance and Disability: It is the policy of this practice that disability starts the day you deliver. Should there be a complication that should warrant you to be out of work sooner our office can provide a note and fill out the appropriate paperwork. Please make sure you discuss with your employer your disability coverage and FMLA benefits.

Circumcision: Our providers can do circumcisions in the hospital upon request. If you choose to circumcise your male infant, please discuss this with one of our providers.

Hospital Registration: You should have been given the hospital registration form at 20 weeks to complete. If you have not completed this online or on paper and sent in, please do so as soon as possible.

Hospital Based Acknowledgment of Paternity: If you and the father of your baby are not married you will be asked to sign the "Acknowledgment of Paternity" form placing his name on the baby's birth certificate.

Leaving for the Hospital: Please do not leave for the hospital without calling the office first unless it is an absolute emergency. You will call our office number, speak to the answering service and the on-call provider will call you back

It is important to remember that we only see patients at Crouse Hospital. We cannot see you in the hospital if you choose to seek care at any other area hospital.