

Signs that your blood pressure may be getting worse

- ◆ Sudden weight gain (more than a pound in a day)
- ◆ Headache
- ◆ Swollen hands and face
- ◆ Blurred vision or seeing spots
- ◆ Nausea and vomiting



This could be an emergency. Call your doctor or midwife right away!



Baby in breech position with one leg down

What if my baby’s head isn’t down?

Almost all babies are head-down and facing mom’s back before birth. (This is called the vertex position.) This is the best position for birth. It is easiest for baby to move down and out head first. But your baby might be head-down, head-up (breech), or sideways (transverse). She may also be facing your back (posterior) or front (anterior). In these other positions, birth through the vagina would be hard. In many cases, a mom may need a c-section.

What prenatal tests do I need now?

Test	What is it for?	How is it done?	Risks or side effects
Biophysical Profile (“BPP”) <i>Can be done any time. Often done if mom goes past her due date.</i>	Check baby’s breathing, movement, muscle tone, and heart rate. Also checks amniotic fluid level.	Ultrasound and nonstress test (see below)	None
Nonstress test <i>After 28 weeks</i>	Look for any signs of distress in baby	A belt around mom’s belly measures baby’s heart rate	None
Group B streptococcus <i>36–37 weeks</i>	Check for group B strep bacteria and risk of infection to baby	Swab from vagina and anus	None