

Frequently asked Questions - end of Pregnancy:

Top 5 Reasons to go to the hospital

If you have any of the following, call the Maternity Unit at 867-393-8725 for an assessment

1. Possible labor: painful, regular contractions every ~3 minutes (for your first baby), or every 3-5 minutes (for subsequent babies) lasting for 1-2h or more.
2. The baby is not moving normally
3. You think your water has broken
4. You have bleeding heavier than a period
5. You are having any pain or symptoms you feel you need help managing

What is the Group B Strep (GBS) Swab?

- This is a small Q-tip swab that is placed just inside the vagina and then just inside the anus to see if a bacteria called Group B Strep is living on your body (It's over quickly and not as bad as it sounds!). This is done at 35 - 36 weeks.
- GBS is not harmful to you - many women have this as part of the natural bacteria on their bodies.
- However, if a baby gets GBS infection as it is born, its brand-new immune system is vulnerable to serious infections such as pneumonia (lung infection), sepsis ("blood poisoning"), or meningitis (infection around the brain).
- If you have Group B Strep, we will discuss this in detail. It will be recommended that you have an antibiotic given through an intravenous during labor.

What is a "Stretch and Sweep"?

- Starting at 38 weeks, you will be offered "membrane sweeping" or "stretch and sweep".
- This is a gentle procedure in which the doctor does a vaginal exam and feels inside your cervix with a gloved finger. The cervix is gently stretched and the finger is swept around in a circle to gently separate the bag of waters (or "membranes") from the cervix.
- This causes your body to release natural hormones called Prostaglandins that can help soften the cervix and prepare your body for labor
- A Stretch and Sweep can't put you into labor unless your body is almost ready anyway
- The main benefit is that it reduces the chances that you will need to have an Induction of Labor - medically bringing on your labor because you've gone more than 10 days past your due date.
- The main drawback is that it can be uncomfortable. It is an entirely optional procedure.
- For women planning a vaginal birth after Caesarean, we recommend sweeping to help reduce the need for an induction