What happens after delivery?

Your baby will remain skin-to-skin for at least one hour (longer if that baby hasn’t eaten or if you desire more time to bond with your baby). After a couple of hours, your baby will be examined, measured, and weighed. After both you and your baby are stable, you will be moved to a postpartum room. Both you and your baby will have the same nurse.

Your baby will be given a bath some time over the next day. The bath is delayed for at least four hours so that the baby can adjust to his new environment.

This is a great time to go through the birth preferences in the back of this binder. Our routine care is described in detail. If there are ways that you wish something different for your delivery, you and your partner can write down your requests and discuss it with your health care provider.

33 weeks - 36 weeks

During this time, your baby’s weight will grow from a little over 4 pounds to 6 pounds. The length will also grow from 17 inches (the length of a pineapple) to 18½ inches (the length of a head of romaine lettuce).

Your baby’s hearing is developing and studies have shown that baby can recognize songs you sing now after birth. Talk to your baby, read books, sing songs, or dance to bond with your baby. Encourage your partner to talk and read to the baby too!

Group B strep

Around 35 to 36 weeks your health care provider will test for Group B strep. This is a bacteria that lives around the vagina and rectum. Testing is performed with a vaginal/rectal swab.

This is a normal test for bacteria that approximately 1 in 5 women carry.

- Group B strep is not harmful to mothers, but can make their babies sick as they travel through the birth canal.
- If you test positive, we will use Penicillin during labor and delivery to protect your baby.
- If you are Group B strep positive, your infant’s health care provider may want to keep you in the hospital for 48 hours after delivery.

Flu vaccine

A flu shot is important to protect you from the flu during flu season because influenza can be more severe in pregnant women. The flu shot can be given anytime during pregnancy.

Labor signs to watch for:

- Severe abdominal pain
- Vaginal bleeding or fluid leaking from the vagina
- Severe lower back pain
- Decreased or no fetal movement
- Fever higher than 100.4 degrees

Watch for these warning signs. If they occur, call your health care provider or OB triage at (573) 499-6110. OB triage is located on the third floor of Women’s and Children’s Hospital.

Questions for my provider