My pregnancy
Weeks 21–40
Congratulations, you are halfway through your pregnancy!

This packet includes information on what to expect in the weeks ahead, from perinatal tests and pregnancy symptoms to pain management and discharge planning. It is intended to help prepare you and your family as you near the end of your second trimester and start counting down to the arrival of your baby.

If you have any questions or concerns not addressed in this packet, please do not hesitate to reach out to your care team.

Contents

UCLA BirthPlace classes and tours

How to prepare for labor
Abnormal symptoms
Tdap vaccine
Preterm labor
Group B strep screening

Managing pregnancy and labor pain
Pain management options for labor
Epidural for pain relief during childbirth

What to expect after labor and delivery
Discharge milestones
Postpartum depression and baby blues
Contraception/birth control
Child car seat safety

Resources for parents
UCLA Obstetrics and Gynecology

Information: 310-794-7274

obgyn.ucla.edu