



Overview

You are now entering your 3rd and the last trimester of pregnancy. 😊

Your baby is growing quickly. You'll probably feel your baby moving around more often. Your doctor may ask you to count your baby's kicks.

Your back may ache as your body gets used to your baby's size and length.

If you haven't already had **the Tdap shot** during this pregnancy, talk to your doctor about getting it. It will help protect your newborn against pertussis infection.

Why get vaccinated?

Tdap vaccine can prevent **tetanus, diphtheria, and pertussis.**

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

- **TETANUS (T)** causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.
- **DIPHTHERIA (D)** can lead to difficulty breathing, heart failure, paralysis, or death.
- **PERTUSSIS (aP)**, also known as "whooping cough," can cause uncontrollable, violent coughing which makes it hard to breathe, eat, or drink. Pertussis can be extremely serious in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

Tdap vaccine

Tdap is only for children 7 years and older, adolescents, and adults.

Adolescents should receive a single dose of Tdap, preferably at age 11 or 12 years.

Pregnant women should get a dose of Tdap during every pregnancy, to protect the newborn from pertussis. Infants are most at risk for severe, life threatening complications from pertussis.

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of any vaccine that protects against tetanus, diphtheria, or pertussis**, or has any **severe, life threatening allergies**.
- Has had a **coma, decreased level of consciousness, or prolonged seizures within 7 days after a previous dose of any pertussis vaccine (DTP, DTaP, or Tdap)**.
- Has **seizures or another nervous system problem**.
- Has ever had **Guillain-Barré Syndrome** (also called GBS).
- Has had severe **pain or swelling after a previous dose of any vaccine that protects against tetanus or diphtheria**.

In some cases, your health care provider may decide to postpone Tdap vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting Tdap vaccine.

Your health care provider can give you more information.

Risks of a vaccine reaction

- Pain, redness, or swelling where the shot was given, mild fever, headache, feeling tired, and nausea, vomiting, diarrhea, or stomachache sometimes happen after Tdap vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

During this time, it's important to take care of yourself and pay attention to what your body needs. If you feel sexual, you can explore ways to be close with your partner that match your comfort and desire.

Take it easy at work

- Take frequent breaks. If possible, stop working when you are tired, and rest during your lunch hour.

- Take bathroom breaks every 2 hours.
- Change positions often. If you sit for long periods, stand up and walk around.
- When you stand for a long time, keep one foot on a low stool with your knee bent. After standing a lot, sit with your feet up.
- Avoid fumes, chemicals, and tobacco smoke.

Be sexual in your own way

- Having sex during pregnancy is okay, unless your doctor tells you not to.
- You may be very interested in sex, or you may have no interest at all.
- Your growing belly can make it hard to find a good position during intercourse. Experiment and explore.
- You may get cramps in your uterus when your partner touches your breasts.
- A back rub may relieve the backache or cramps that sometimes follow orgasm.

Learn about preterm labor

- Watch for signs of preterm labor. You may be going into labor if:
 - You have menstrual-like cramps, with or without nausea.
 - You have about 8 or more contractions in 1 hour, even after you have had a glass of water and are resting.
 - You have a low, dull backache that does not go away when you change your position.
 - You have pain or pressure in your pelvis that comes and goes in a pattern.
 - You have intestinal cramping or flu-like symptoms, with or without diarrhea.
 - You notice an increase or change in your vaginal discharge. Discharge may be heavy, mucus-like, watery, or streaked with blood.
 - Your water breaks.
- **If you think you have preterm labor:**
 - Drink 2 or 3 glasses of water or juice. Not drinking enough fluids can cause contractions.
 - Stop what you are doing, and empty your bladder. Then lie down on your left side for at least 1 hour.
 - While lying on your side, find your breast bone. Put your fingers in the soft spot just below it. Move your fingers down toward your belly button to find the top of your uterus. Check to see if it is tight.
 - Contractions can be weak or strong. Record your contractions for an hour. Time a contraction from the start of one contraction to the start of the next one.



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- Single or several strong contractions without a pattern are called Braxton-Hicks contractions. They are practice contractions but not the start of labor. They often stop if you change what you are doing.
- Call your doctor if you have regular contractions if they happen every 5-10 mins over 2 hours and do not cease after rest, hydration etc.