

Our TTC Journey Week 36 – July 18th – July 24th, 2008

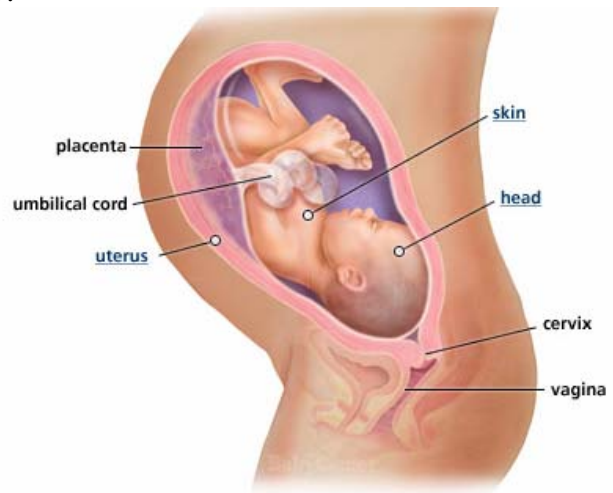


We are still getting the nursery ready, and getting diapers washed and filling diaper stackers to string all around the house.

I'm keeping an eye on sale for wipes and other baby items. It is all getting so close and I'm not nervous, but excited to meet our little one.

By this week of pregnancy your baby's crown-to-rump length reaches about 13.5 inches and the total length is approximately 20.7 inches. Your baby weighs about 6 pounds now.

The top of your uterus has moved further up under your ribs and is about 5.5 inches above your bellybutton. Your uterus has grown a lot in the past few weeks as your baby has gained weight. You may have gained about 30 pounds by now and it is common for your weight to stay about the same from this point onwards. Because the top of the uterus is high as it will be, breathing may be getting very uncomfortable at times. You might notice jabbing pains from your baby's kicks. However, within the next few weeks, your



baby will drop into the birth canal and this will make breathing easier again. Most doctors like to see their patients weekly from now on to check for labor progression.

Your baby's face has filled out significantly and looks smooth and plump. Because your baby has powerful sucking muscles and has had layers of fat forming for quite some time now, the cheeks have filled out like a newborn's. Your baby's skull is firm, but not hard. Every baby's head has the ability to give slightly so that there is room for him to fit down the birth canal during delivery. Some babies are born with cone shaped heads from the pressure of delivery, but this will go away after delivery. The amount of amniotic fluid is at its maximum amount now and your baby may not be moving as much as she had been. As long as you still feel movements every day, there should be no cause for concern. The placenta is now one-sixth of the fetal weight.

July 18 – The last 3 or 4 days or so I've actually felt nauseated at times. I keep thinking it was something I ate, or gas/indigestion. I have bad heartburn lately, but I can't explain this horrid nausea. I've not gotten sick, I just that way.



July 19 – The doc said to expect some spotting after my exam on Thurs. I had a little bit (two bathroom trips worth) on Thurs. So last night at about oh 3am I wake up because I'm on my side and I feel nauseated. So I go to

Beanlette's Corner

the bathroom, cause well its been 45 minutes so its time to pee again, and I felt a consistency change. So I wiped, and found spotting! But it hasn't been anything major, and James is still rolling around, so I know all is well with him.

Oh and the appetite has been ferocious! Like I literally cannot get enough to eat! I eat my 45 grams of carbs, and sit there waiting to get full and I don't!

July 20 – I took another belly shot today. I don't think I'm losing my plug. Although thanks to these pics on SC I now know what to look for. It was a very small piece (1/2 in length, spaghetti noodle width).

What I think happened was that the doc knocked some piece of plug loose when she did the cervical exam on Thurs.

Last night I watched this video on youtube about losing your plug and well, the video lady said if you've had a cervical exam or sex, that the exam could knock a piece loose and this will come out before you loose your real plug.



So it was exciting while it lasted, but lol I don't think I'm anywhere close to labor. James will come somewhere around 8/8/08 .. cause I'm only measuring a week ahead now.

July 21 – The NST went well again today. They at first couldn't find his heartbeat because he kept rolling around. Then he was detected and woke up with the assistance of diet sprite!

July 22 – I asked a few of my PCOS cysters about the membrane stripping. Most of the moms chimed in and said that 37w is too early and lungs are still immature ... and without an amnio you can't tell if he's ready, and all u/s measuerments are off etc etc. Soooooooooooooooooooooo, Naren and I talked about it, and we'll see on this Thurs the 24th what my body does since last thurs' appointment. Who knows, my cervix could have gotten into the game we call labor. I'm not betting on it, but who knows. And if I haven't made any progress, we're going to wait till July 31st to have the membranes stripped. I will be one day shy of 38weeks. Basically waiting gives him one more week to grow and cook.

My doc said the membrane strip is only a suggestion and not a recommendation. Sooooooooooo we're probably going to wait.

July 23 – I think I'm losing my plug now ... !!! But its coming in pieces. Imagine you're looking at an empty sugar free jello container. You know how you'll see little specs of gelatin left on the rim of the cup? Well if that is clear jello ... then thats what I found when I last visited the restroom a while ago !! And no, no one dreamy like Hrithik Roshan works here, so I know its not because Im excited. Its slippery, and looks like clear gelatin.

July 24 – This morning before emptying my bladder, I wiped really quickly and a gumdrop sized amount of plug (it looked like a melted clear gumdrop) appeared on the paper. I'm going to ask the doc how long she thinks it'll take the entire plug to come out.

This is wow !!!! We're really having a baby!

I saw the doctor and we have an induction date !!!!!!!!!!!

I had the NST at first, and was late to my ob appt because James kept rolling off the monitor.

Anyhow, at the OBs office she didn't care that I was losing my plug. She says it'll regenerate itself anyway, and I'll keep losing mucus and yeast until delivery. Sex with Dh is still fine.

She did the exam, and I'm now 2cm dilated, but NOTHING effaced. She says I'm making progress, but just in case that I don't progress enough I am to check into the hospital on **August 4th, 2008** at 7pm and begin receiving Pitocin.

I'll labor all night long and since she's the doc that will be on the schedule on Tuesday, August 5th, that's the day that James will make his way into the world.

Now of course, this is all assuming that my next week's appt shows again ... no signs of progress. I'm hoping to GOD next week we get some effacement!!!

But at least I won't have to worry about a large baby cause he won't go till the due date !!!
Oh and a word about the contractions. I am now to stop counting how many I'm having. Instead I am to only note the contractions which are painful. I asked if the pain would come from the tightening of the abdomen, or come with cramping from the cervix and she couldn't answer that question. So now I'm on the lookout for only painful contractions! LOL

Yippie !!!!!!!!!!!!!!! Why the induction, you might ask? Due to the GD they don't want the baby to get too big. According to my doc, GD babies tend to be beefy in the shoulder region. They're trying to minimize the c section (and because he's already head down, they don't see a need for a c section unless his head doesn't fit in my pelvis), because with GD my incision could become a problem.

Soooo if they induce the head will be smaller he'll fit better ... I'll deliver vaginally and it'll be better for all involved!

