



Tepeyac OB/GYN  
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## What to Expect During the Last Few Weeks of Pregnancy

Congratulations, you have made it to your 35-week check up! At this point, we would like to remind you that you may not travel after 36 weeks, however travel may be restricted earlier if medically indicated.

You may have noticed that it has been quite a while since you have seen your toes. Yes, those sleepless nights, frequent potty stops, and “I just can’t find a comfortable position!” complaints are normal. To help make your last weeks as pleasant as possible, here are a few suggestions:

- Realize and admit your limits. If you are tired, rest. Listen to your body.
- Drink plenty of water. Avoid caffeine and diet sodas.
- Avoid processed foods, pizza, Chinese food, etc. Salt causes water retention, swelling and high blood pressure.
- Wear comfortable clothes and flat shoes to lessen the strain on your lower back. Consider support garments.
- When you lie down, prop yourself up with lots of pillows.