

# 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](http://obgyn.ucla.edu)

