

THE FOURTH TRIMESTER



WHAT TO EXPECT AFTER EXPECTING

IMPORTANT PHONE NUMBERS

PEDIATRICIAN:

GYNOCOLOGIST:

ATTEND YOUR FOLLOW-UPS

- 3-5 DAYS PEDIATRICIAN VISIT
- 1-3 WEEKS OB/GYN VISIT
- 4 WEEKS PEDIATRICIAN VISIT
- 6 WEEKS OB/GYN VISIT



TALK TO YOUR DOCTOR

If you are experiencing the following symptoms:

- Persistent headaches that won't go away
- Dizziness, fainting or weakness
- Fever or chills
- Swelling of your hands or face
- Thoughts of harming yourself or your baby or intense feelings of sadness
- Chest pain or fast beating heart
- Severe nausea and throwing up
- Severe belly pain that does not go away
- Vaginal bleeding or discharge after pregnancy
- Severe swelling, redness, or pain of your legs and/or arms

FOR MORE INFORMATION
WWW.NASSAUCOUNTYNY.GOV/HEALTH