



transmed
MEDICAL FUND

THIRD TRIMESTER NEWS

Weeks 29 to 40

Well done! This is your final lap towards childbirth.



You are now in the **third trimester** of pregnancy. It won't be long before you'll be holding your little bundle of joy.

What happens to your body?

- Your belly is now getting much bigger and may sag a little lower. Your belly button may protrude slightly.
- You may have backache and cramps in your feet or hands.
- You may tend to feel hot and perspire more.
- You may feel very uncomfortable and experience slight shortness of breath. Lie with your shoulders elevated on pillows if you feel short of breath. When your baby starts to descend into the pelvis, you will feel more comfortable.
- You may feel uncomfortable and struggle to get enough restful sleep. Lie on your left side and place a pillow between your legs or under your tummy to take the pressure off your back.
- Some women experience false contractions called 'Braxton Hicks' contractions, around week 32 to 34. If you feel contractions, consult your midwife or doctor.
- A total weight gain of 10kg to 12.5kg during your pregnancy is perfectly normal and recommended.

What happens to your baby?

- Your baby's organs are maturing.
- The baby's movements become more vigorous but later, as baby grows and space becomes limited, these may become less obvious.
- The ideal weight for a newborn is between 2.6kg and 3.8kg.





Your third trimester to-do list



- Continue taking your **minerals and multivitamins** as prescribed by your doctor.
- Eat a **well-balanced diet**. Remember, even though you are 'eating for two', you do not have to eat twice as much. You may eat a little bit more than usual.
- Book an **antenatal class** for you and your partner – check if this will be covered by your Fund benefits.
- Do some research about what to expect at your delivery and discuss **delivery options** with your doctor or midwife.
- Contact Transmed at about 34 weeks to **confirm your Fund benefits and to obtain pre-authorisation** for your admission to hospital for delivery and confinement.
- It is important to '**book your bed**' with the hospital where you plan to deliver your baby.
- Keep **important telephone numbers handy**, such as your doctor/midwife and the labour ward/hospital. Save them on your and your partner's cell phone and put it up on the fridge!



Belly Babies for all plans

Belly Babies antenatal course

Belly Babies is an online antenatal course made up of over 50 concise educational videos. Their goal is to provide expecting parents with expert antenatal and post-natal support while in the comfort of your own home. Consultants will help you quickly and conveniently prepare for a happy pregnancy, a safe birth and a wonderful time bonding with your newborn. Keep a lookout for the email with your login details to access the course.

Video-based Belly Babies Lactation Consultations

Belly Babies Lactation Consultations are here to help you and your baby thrive during your time breastfeeding. Experienced consultants can meet you on an online video platform to assist you with your specific challenges in establishing and maintaining a happy breastfeeding routine. Whether you are struggling to produce enough milk, have painful nipples or are worried about returning to work, skilled consultants are ready to assist. Let them assist you in giving your baby the best start in life! To access this consultation, please visit www.bellybabies.co.za, select 'book lactation consult', follow the steps and enter your voucher code to make a booking.

Remember to register your baby as a dependant on the Fund within 30 days of the birth date to ensure that any medical treatment they may need will be covered by the Fund benefits.

Transmed wishes you well on your pregnancy journey!

Protection of Personal Information

Transmed Medical Fund and Momentum Health (Pty) Limited, the administrator, will maintain the confidentiality of your personal information, and comply with the Protection of Personal Information Act 4 of 2013 (POPIA) and all existing data protection legislation, when collecting, processing and storing your personal information for the purposes of registration on the Maternity Programme.

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