

# TRIMESTER GUIDE 3

Three

**What to Expect  
During Weeks 28  
to 40 of Your  
Pregnancy**

Understand your baby's final stage of growth and the changes in your body as you prepare for birth.

Medically Approved by:  
Chetna Jain, Director –  
Department of Obstetrics and  
Gynaecology at Cloudnine Group  
of Hospitals, Sector 47.

Written by:  
**Riddhi Roy**



# What Happens

# TRIMESTER 3

The third trimester is the final stage of pregnancy, where your baby grows rapidly and your body prepares for labour and delivery.

You may feel more physical discomfort during this phase, but it is also a time of anticipation as you get closer to meeting your baby.



# Third Trimester MILESTONES

## Your baby is developing:

- Significant weight gain and fat storage
- More defined brain and lung development
- Stronger movements like kicks and stretches
- Ability to open and close eyes
- A regular sleep and wake cycle



Your baby is getting ready for life outside the womb and may move into a head-down position.

# Changes in YOUR BODY

**Common experiences include:**



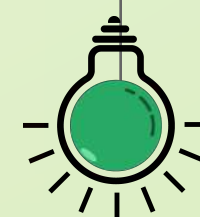
**Tip:**

Rest whenever possible and avoid standing for long periods to reduce discomfort.

# Nutritional NEEDS

Focus on nutrients like:

- Iron
- Calcium
- Protein
- Omega-3 fatty acids
- Fibre



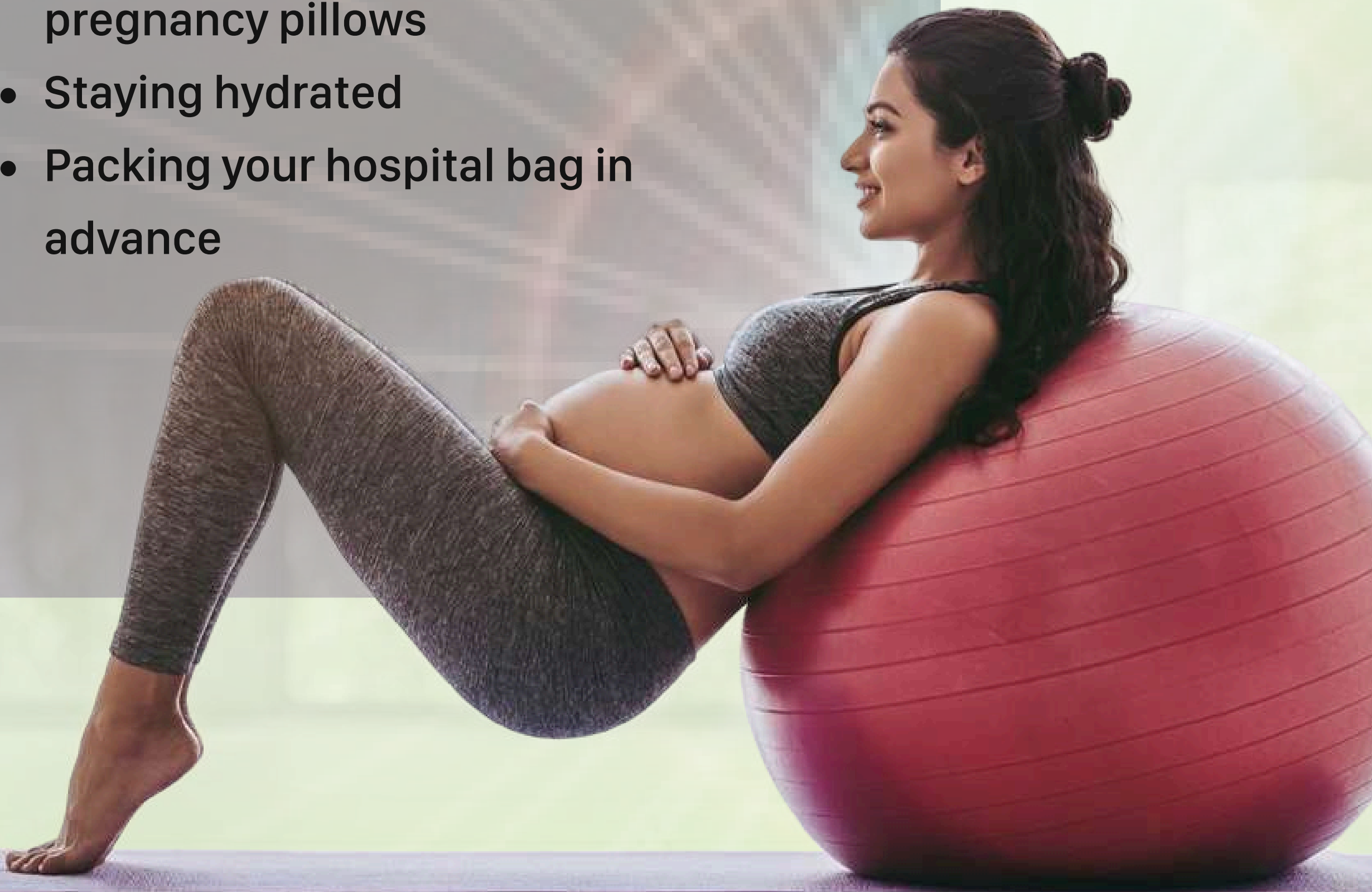
**Tip:**

Eat smaller, frequent meals to manage heartburn and maintain energy levels.

# Lifestyle Habits THAT HELP

## Helpful daily habits:

- Light physical activity like walking or prenatal yoga
- Practising breathing and relaxation techniques
- Sleeping on your side with pregnancy pillows
- Staying hydrated
- Packing your hospital bag in advance



# Important CHECK-UPS & TESTS

**You may be advised:**

Regular prenatal visits (more frequent in this trimester)

- Monitoring baby's position and growth
- Non-stress test (NST) if needed
- Group B strep test (around weeks 35–37)
- Blood pressure and urine checks



# Warning Signs TO WATCH FOR

**Contact your doctor if  
you experience:**

- Severe abdominal pain
- Heavy vaginal bleeding
- Sudden swelling in face or hands
- Decreased baby movements
- Signs of preterm labour (regular contractions before 37 weeks)
- Persistent headaches or blurred vision



# Key Takeaways

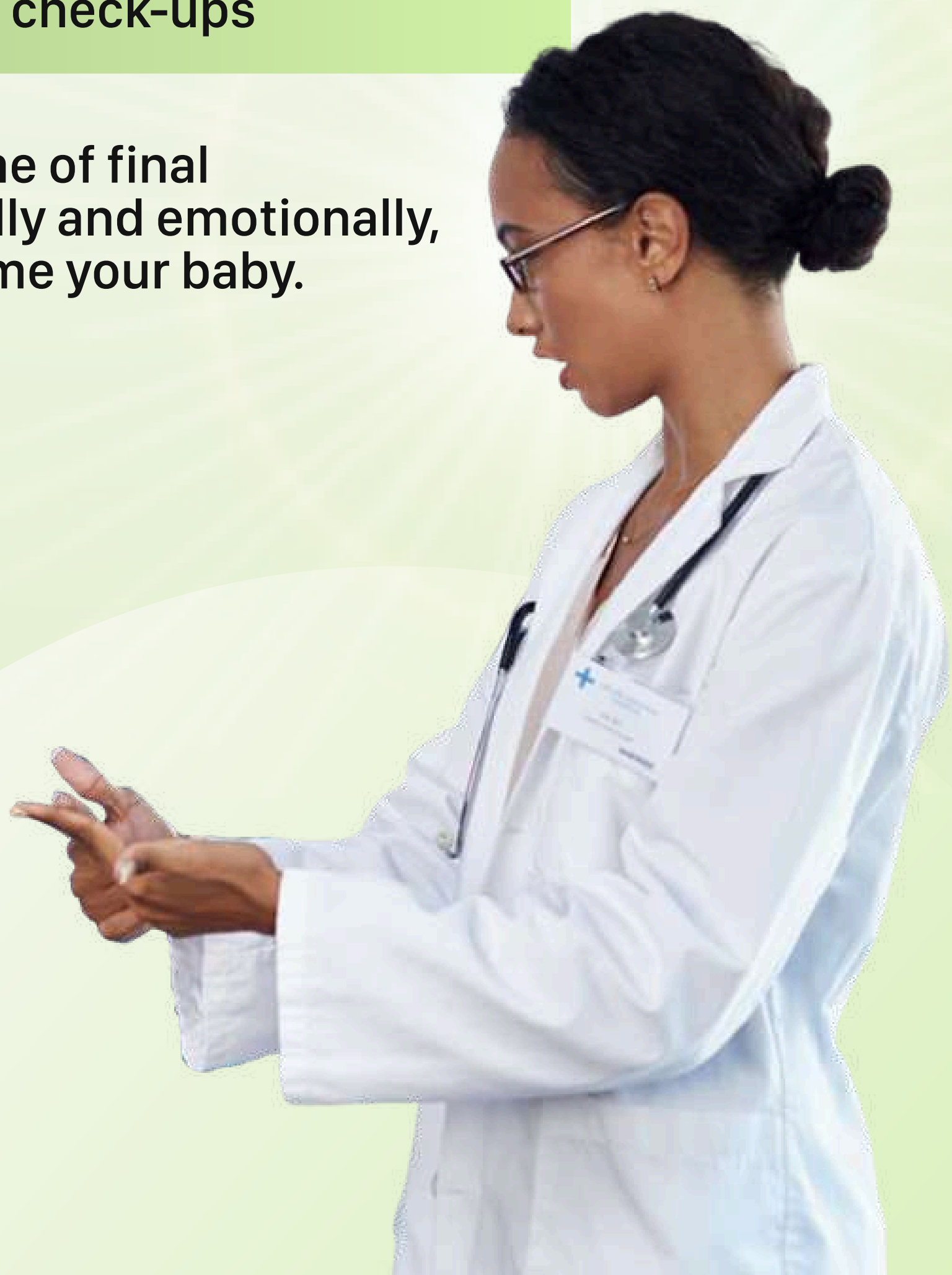
- Prepare for labour and delivery

- Continue balanced nutrition and gentle activity

- Track your baby's movements regularly

- Stay consistent with medical check-ups

- The third trimester is a time of final preparation, both physically and emotionally, as you get ready to welcome your baby.



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