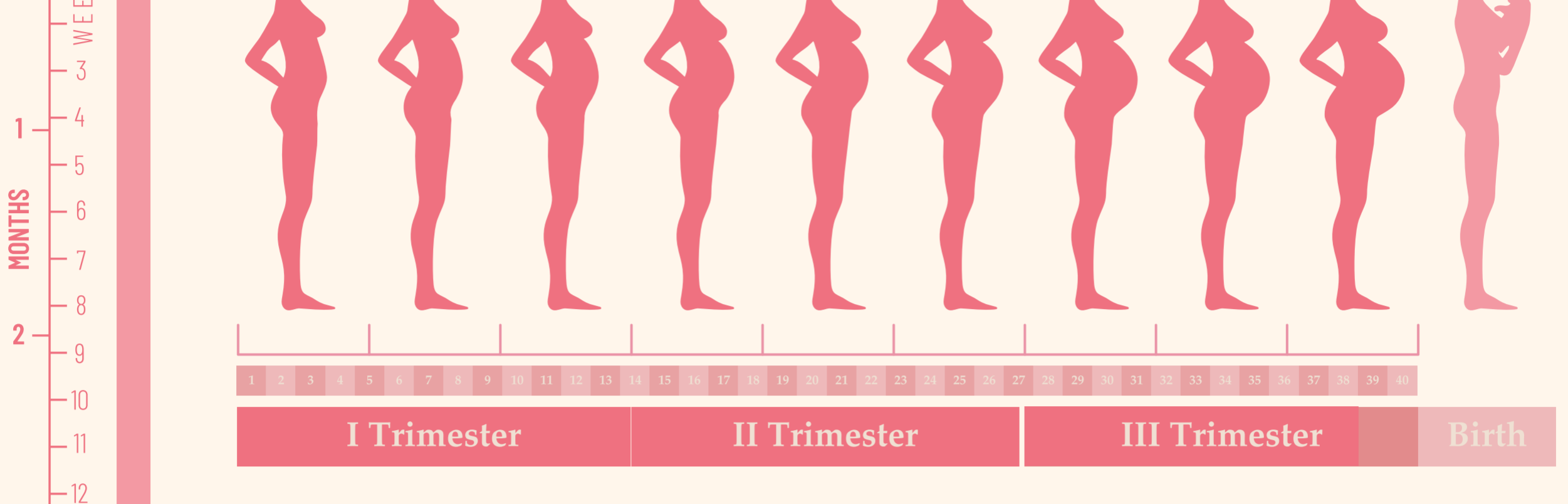


# Your pregnancy week by week: weeks 37 & 38



Your baby could arrive at any time—and it would not be considered 'early.' Your baby is now 'full-term,' which means he or she is likely to be big and mature enough to survive in the outside world. However, you may still have to wait a few weeks.

Here's what to look forward in weeks 37 and 38.



Week  
37

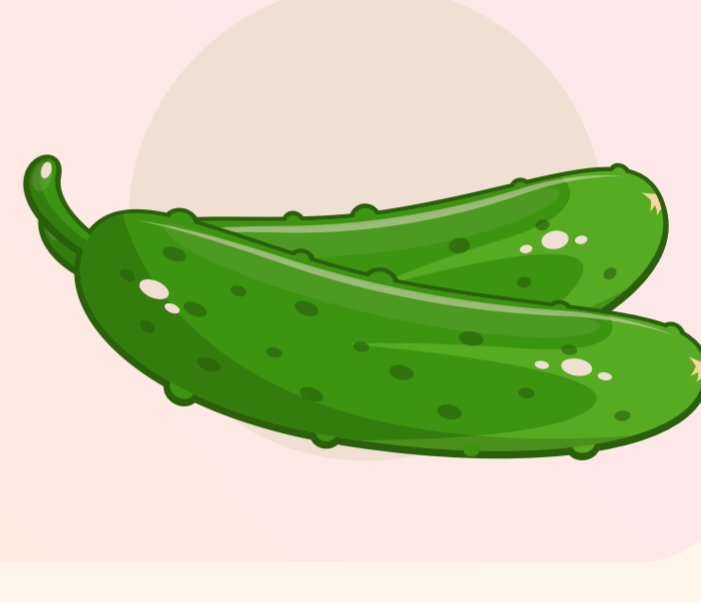
## The 37<sup>th</sup> Week of Pregnancy

### What is happening with your baby at 37 weeks pregnant<sup>1,2</sup>?

- Your pregnancy is considered full-term when it reaches 37 weeks. **Your baby is almost ready to be delivered**, and you'll meet them in the coming weeks.
- Meconium – the sticky green substance that **will create your baby's first poo after delivery** – is now present in your baby's gut (digestive system).
- It could contain bits of lanugo (**fine hair**) that were covering your baby earlier in pregnancy.

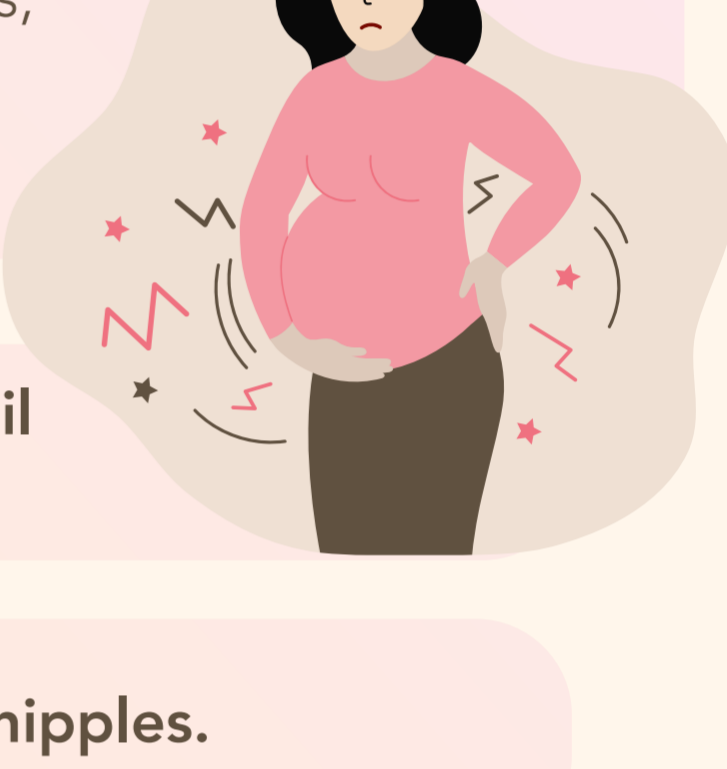
### How big is your baby when you are 37 weeks pregnant?

Your baby is approximately the length of 2 cucumbers and the weight of 14 baked potatoes.<sup>3</sup>



### | Your Body<sup>1</sup>

- If this is your first pregnancy, your baby moves down at 37 weeks and **is ready to be born**. When this happens, **you may feel more at ease**, and you'll probably notice **increased pressure in your lower abdomen**.
- If this isn't your first pregnancy, the baby may **wait until labor to move down**.
- It's common to experience **some leakage from your nipples**.

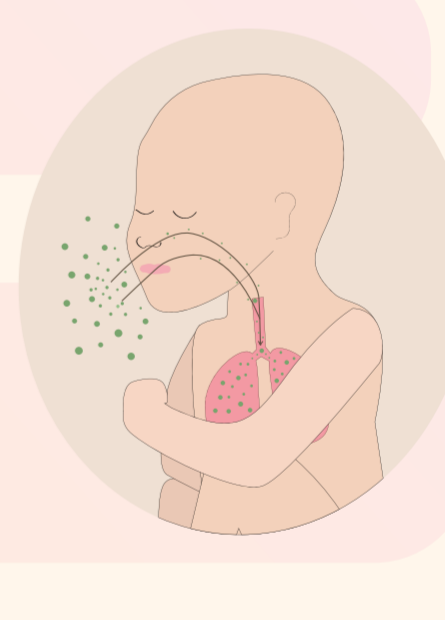
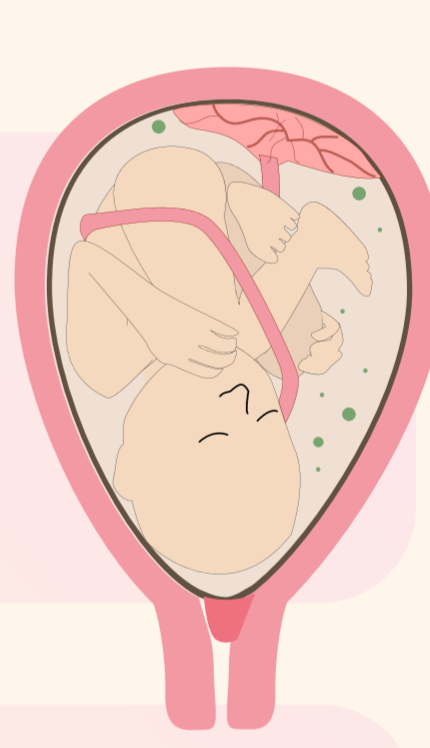


Week  
38

## The 38<sup>th</sup> Week of Pregnancy

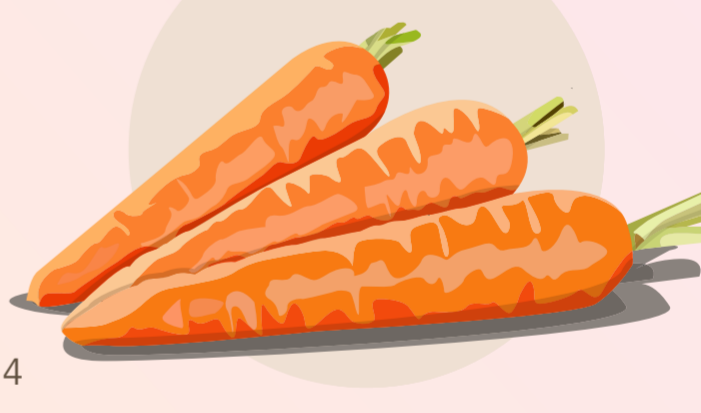
### What is happening with your baby when you are 38 weeks pregnant<sup>4,5</sup>?

- In their bowels, **your infant is storing some sticky green slime (meconium)**. This comprises everything **they eat and drink while in the womb**, including amniotic fluid and hair.
- It will usually come out as the first feces after birth.
- If your baby does a poo during labor, it could sign of distress, and your baby will need close monitoring.



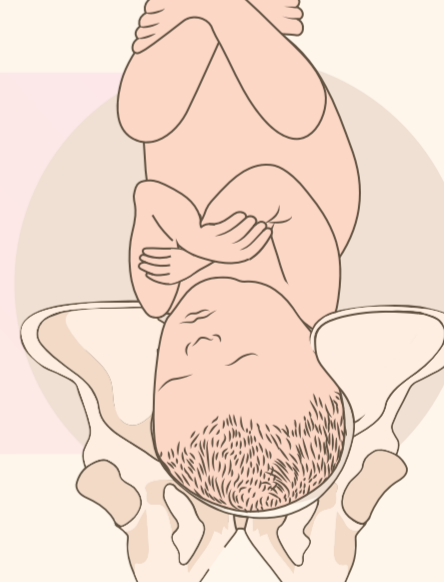
### How big is your baby when you are 38 weeks pregnant?

Your baby is approximately the length of 3 carrots and the weight of 3 butternut squash.<sup>4</sup>



### | Your Body<sup>4</sup>

- Your bladder is very compressed because **your baby is engaged in your pelvis**, causing frequent bathroom visits.



## Tips for making your pregnancy better

### • Symptoms that labor has started<sup>6</sup>

Know the signs  
There are a number of signals that labor is about to begin, including:

- tightening or contractions.
- When the mucous plug from your cervix (entrance to your womb, or uterus) falls away, it's called a "show."
- backache.
- an urge to go to the bathroom brought on by your baby's head pressing against your intestines or your waters breaking.
- It can take a long time to get to the early (latent) stage of labor.



### • If you have any of the following symptoms, contact your doctor or maternity unit:<sup>6</sup>

- Your waters have broken.
- you're experiencing vaginal bleeding.
- Your baby is not moving as much as normal.



## References:

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