

# Post Dates Pregnancy

---

## What is Post Dates Pregnancy?

The normal length of pregnancy is 37 to 42 weeks. A post-dates pregnancy (also called post-term pregnancy or prolonged pregnancy) is one that extends beyond 42 or 294 days from the first day of the last menstrual period.

## What are my instructions?

- Drink 8 glasses of water each day. This helps the placenta maintain good support to the Fetus.
- Eat small and frequent meals. This will encourage good fetal health and ease your digestion. Take a nap, or at least rest, each day with your feet propped up. This is especially important if you aren't sleeping well at night.
- If you are having trouble sleeping, try a warm bath, massage, warm milk, and pillows positioned to support your back and tummy.
- Count fetal movements twice each day (See Handout - Fetal Movement Count on how to do that).
- Continue with your normal activities. Unless your care provider has advised not to, there is no reason for you to avoid exercise, seeing friends, etc.
- Do not smoke. Avoid second hand smoke.
- Show up to your follow-up appointments listed below.

## Will you induce my labor?

In some cases your doctor or midwife may recommend that you take special medicines to start the labor. If you have questions about inducing labor please talk with your doctor or midwife during your office visits. Your provider will explain this option and help you reach an informed decision based on your specific situation.

## When are my appointments?

Your doctor or nurse-midwife has scheduled the following appointments for you:

Date	Time	Place

It is very important that you keep these appointments. Please call your provider's office to reschedule if you must miss an appointment.

## When Should I call the doctor or midwife?

Call us if you have the following signs or symptoms:

- Contractions - (described in the handout: Guidelines for Early Labor at Home)
- Your water has broken (this is described in the handout Guidelines for Early Labor at Home)
- Decreased or absent fetal movement
- Heavy bleeding like a period
- Severe abdominal pain
- Fever: oral temperature over 100.4
- Unable to eat and drink or rest

## What is the number call?

Call Triage (734) 764-8134, any day or night. We answer the phone 24/7.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Joanne Bailey CNM PhD,  
Reviewers: Barbara Getty CNM MS, Patricia Crane RNC MS

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#) .Last Revised XX/XXXX