

Terry Allen MD & Scott Forrest MD, PLLC

Pregnancy By Trimester

Pregnancy is 40 menstrual weeks. Start counting on the first day of your last menstrual period. For example, when you are one week late for your missed period, you are five weeks pregnant.

First Trimester (1-14 weeks)

Normal Emotions

Joy: "We have been waiting for this day"
Fear: "Am I ready for this?"
Ambivalence: "How did this happen?"

Normal Symptoms

Fatigue
Bloating
Constipation and indigestion
Pelvic cramping and pressure
Tender breasts
Frequent urination
Nausea, poor appetite, food aversions

Your Baby

6 wks-beating heart, eyes and limbs form
8 wks-toes and fingers, major organs form
12 wks- genitals and bones form. Size 3.5 inches

Nutrition

Take a daily prenatal vitamin
Small weight gain or loss is normal
Eat small portions more frequently
Increase fluid intake- 8 glasses water daily

To Do List

Prenatal lab tests/ screening
Decide whether to do 1st trimester screen at 12 wks
Check obstetrical insurance benefits
Rest as much as possible

When to call the Doctor

Heavy bleeding (like a menses)
Severe abdominal/pelvic pain
Vomiting more than 24 hours

Second Trimester (14-28 weeks)

Normal Symptoms: Remedies

Fetal movement is noticeable between 18-20 weeks
Difficulty breathing: Make more time to walk and climb stairs
Bleeding gums/ nose bleeds: Humidifier in bedroom and saline nasal sprays
Varicose veins: Wear support stockings and avoid crossing legs
Stretch marks: Cocoa butter and vitamin E lotions
Acne and darker facial pigmentation: Sunscreen
Round ligament pain (groin pain) caused by rapid uterine growth: Tylenol, heating pads
Fatigue from anemia: Iron, red meats, green leafy vegetables
Mild contractions: Increase hydration and rest

Your Baby

16 wks-ears form, fingers open and close
20 wks-fine body hair develops. Size 7 inches
24 wks-eye movements, lungs develop
28 wks-hiccups common. Size 14 inches

Nutrition

Add an Iron supplement to your vitamin if anemic
Increase intake of calcium rich foods
Increase intake of proteins

To Do List

Decide whether to do 2nd trimester screen
Schedule Level II (anatomy) ultrasound at 20 weeks
Diabetes and anemia screen at 26-28 weeks
Rhogam injection at 28 wks if Rh negative
Take breaks from work every 3-4 hours
Do not lift more than 20 pounds

When to call the Doctor

Heavy bleeding
Severe abdominal/pelvic pain
Severe headaches unrelieved by Tylenol
Clear (non mucous) leakage of fluid from vagina
More than five contractions per hour

Third Trimester (28 weeks until delivery)

Normal Symptoms: Remedies

Clear to white vaginal discharge
Clear to milky breast discharge
Increase in urinary frequency and occasional urinary incontinence
Heartburn: Eating smaller meals, avoid carbonated drinks, antacids
Constipation: Eating fresh fruits and vegetables, fiber supplements, eating smaller portions
Hemorrhoids: Avoid constipation, Tucks pads, Anusol creams
Darkening of nipples, vertical line down abdomen
Leg cramps: Massage, support hose, increasing calcium and potassium intake
Low back pain: Back strengthening exercises, avoid heavy lifting or excessive bending at hips
Swelling in feet: Elevate feet as much as possible, increase protein intake, avoid prolonged standing
Numbness/ tingling in hands and feet: wrist splinting at night

Your Baby

30 wks-sleep and wake cycles begin
34 wks-usually in head down (vertex) position
At delivery-Size 18-22 inches, Weight 6-9 pounds

Nutrition

Continue a prenatal vitamin daily
Decrease in appetite common

To Do List

Hospital pre-registration form
Sign up for hospital tours/ birthing classes
Educate yourself on umbilical cord blood banking
Purchase a car seat (this is a Virginia state law)
Select a pediatrician
Pack a hospital bag
Start sleeping on your left side

When to call the Doctor

Heavy bleeding
Severe abdominal or pelvic pain
Severe headache not relieved by Tylenol
Clear (non-mucous) leaking from vagina
Regular strong contractions every 3-5 minutes
No fetal movements in one hour after eating