

Pregnancy:

Second Trimester

The second trimester (3 to 6 months) is a period of rapid growth for you and your baby. At the end of the sixth month, your baby is about 9 inches long and weighs 1 ½ pounds. You will begin to feel baby move between 18 and 20 weeks. This is called quickening. Weight gain is faster and, usually, the problems with morning sickness have passed by the end of the first trimester (thankfully!)

Prenatal Exams:

During the second trimester your prenatal exams will include:

- Weight, blood pressure, and urine checks
- Blood work may continue to be done, checking for things like anemia and diabetes
- The size of your uterus will be measured each visit
- Sometimes, an ultrasound will be performed to check for baby's heart beat

Changes to expect:

Your body is about to go through many changes, here are some changes that may occur:

- Increase in appetite
- Lower abdomen begins to bulge
- Frequent urination
- Stretch marks may develop
- Heartburn may develop
- Constipation
- Backaches may occur
- Enlarged breasts
- A dark line from your belly button downwards might appear
- You may get rosy cheeks from increased blood flow

Homecare instructions:

- Avoid all smoking, alcohol, and un-prescribed drugs
- Exercise regularly
- Do not use hot tubs, saunas, or steam rooms
- Do not use tampons or scented sanitary pads