



Women's Integrative Medicine

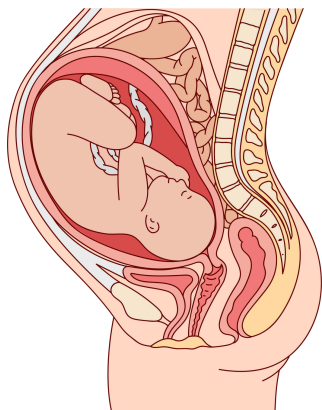
- TRIMESTER GUIDE -



First Trimester

week 1 - 13

PRENATAL CARE



The health care you receive while pregnant is called prenatal care. In your first trimester, you should have a prenatal, or obstetric (OB), visit each month. During these visits, you can expect to:

- Give a urine sample
- Be weighed
- Get your blood pressure checked
- Listen to your baby's heart beat
- Talk with your healthcare provider about any concerns

COMMON FIRST TRIMESTER TESTING

There are routine tests that are suggested for all women early in their pregnancy. These include:

- **Lab Tests:** Your blood and urine will be tested to look for any problems or infections.
- **Ultrasound:** You will have an ultrasound around 8 weeks gestation to check on your baby's health and confirm your due date.
- **Genetic Testing:** There are various genetic tests that include bloodwork and/or ultrasounds in the first trimester. Talk to your provider if you are interested in genetic testing to determine the risk of your baby having Trisomy 18 or Down Syndrome.



Other prenatal screening tests may be offered depending on your personal and family health history. Be sure to talk to your healthcare provider about which screening options are best for you and your baby.

WHEN TO CALL YOUR DOCTOR

Call your doctor right away if you experience any of these health issues:

- Exposure to measles or chicken pox
- Bright red bleeding
- Severe nausea and vomiting (unable to keep fluids down for 12 hours or more)
- Severe pain or cramping
- Fever of 100.4 degrees F or higher
- Pain or burning with urination

NUTRITION

It is important to eat a well-balanced diet, especially during pregnancy to keep you and baby healthy. What you eat is the main source of nutrients for your baby. The old saying that you are “eating for two” does not mean you should eat twice as much, but that you should make healthy choices for you and your baby. For normal and healthy pregnancies, you do not need extra calories during the first trimester.

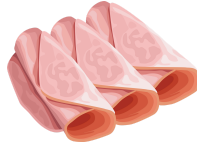
Eat a variety of vegetables, whole grains, fruits, and dairy. Include good sources of protein, like; beans, peas, eggs, lean meats, unsalted nuts, and approved fish. Talk to your provider or a dietitian if you have special dietary concerns (we would be happy to give you a dietitian recommendation if you don’t already see one). Look at the chart below to learn about foods to avoid.

Foods to Avoid:

visit ***choosemyplate.gov*** for more information about healthy eating



Undercooked or Raw Eggs



Raw Meats, Hot Dogs, or Deli Meats



Fish High in Mercury or Raw Fish



Unpasteurized or Soft Cheeses (Brie, Feta, and Queso Blanco)



Excessive Amounts of Caffeine



Alcohol

REMINDERS:



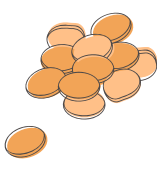
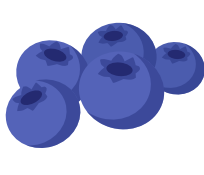
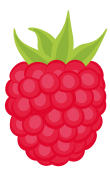

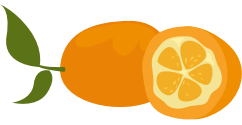
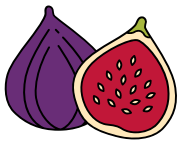


- Drink plenty of water and limit caffeine to one or two 8oz servings a day.
- Make sure all food is cooked thoroughly.
- The recommended weight gain during pregnancy will depend on your weight when you become pregnant. Follow the recommendations of your provider.
- We recommend that you take prenatal vitamins while you are pregnant. They contain the right amounts of folic acid and other vitamins you and your growing baby need.

YOUR BABY

Your baby is growing in amazing ways during the first trimester!

By week 8, your baby is about the size of a kidney bean! Arms, legs, and lungs are growing and your baby's heart beats with a regular rhythm. Fingers and toes are forming.

At the end of the first trimester, all of the baby's organs will be formed. Your baby is opening and closing their fingers and curling their toes. the little fingers are forming fingerprints. Fuzzy hair has started to grow on their fragile skin.

week 4  poppy seed	week 5  sesame seed	week 6  lentil	week 7  blueberry	week 8  raspberry
week 9  grape	week 10  kumquat	week 11  fig	week 12  lime	week 13  lemon

Second Trimester

week 14 - 27

Many women find that the second trimester is easier than the first. You may notice you have more energy and hopefully less nausea. Here are some things you may experience during the second trimester:

- As your baby grows, you may begin to feel fluttering as early as 16 weeks and movements around 20 weeks.
- Hormonal changes can cause nasal congestion and nosebleeds.
- You may have more aches and your back might become sore and uncomfortable.
- Skin changes are common, including stretch marks, patches of darker skin, and darkening of the skin around your nipples.
- During pregnancy, a certain amount of swelling is normal. If you have sudden or extreme swelling or if you gain weight quickly, call your doctor.

In your second trimester, you should consider:

- Registering for childbirth classes that will help you learn what to expect during labor and birth, newborn care, and breastfeeding basics.
- Sign up for a hospital tour.
- Visit St. Ann's website to learn more about their maternity services and their labor coach / Doula program.

PRENATAL CARE



During the second trimester, you will have additional prenatal tests and your healthcare provider will talk to you about important information, such as signs of preterm labor. Starting around 20 weeks, your healthcare provider will also measure your belly to check how your baby is growing. It is important to go to all appointments and talk to your provider about any concerns you are having.

There are routine treatments and tests that may be completed during the second trimester. These include:

- **RhoGam Administration:** RhoGam is an injection that is only given to mothers who are Rh-negative. You will get it during your second trimester, but you might also get RhoGam if you have bleeding during your pregnancy. You may need another dose after delivery.
- **Glucose Screening:** A screening test for gestational diabetes will be done. You will have your blood drawn one hour after drinking a special sugary drink (glucola). If your blood

glucose is too high, you will need to return for a three-hour glucose tolerance test.

- **Quad Screen or Maternal Blood Screening:** This blood test can be performed between 15 - 22 weeks gestation to check if your baby is at risk for certain birth defects. It is a screening test, so more tests would be needed to confirm an abnormal result.
- **Ultrasound:** An ultrasound, anatomy scan, will be done around 20 weeks gestation to check on your baby's development. You will also be offered a cervical length ultrasound to measure the length of your cervix to determine your possible risk for preterm labor.

WHEN TO CALL YOUR DOCTOR

Call your doctor right away if you experience any of these health issues:

- Moderate or severe cramping or abdominal pain
- Dull or sharp low back pain or pressure
- Severe dizziness
- Vaginal bleeding
- Leaking of vaginal fluid
- Increased vaginal discharge or discharge with an odor
- Fever or 100.4 degrees F
- If you fall or have a severe injury to your abdomen



Health Concerns

SIGNS OF PRETERM LABOR

Preterm labor is labor between 20 and 37 weeks. If regular contraction cause the cervix to change, it can lead to the baby being born too soon. A baby that is born too soon can have serious health problems. If you notice any of these signs of preterm labor, call your healthcare provider right away:

- Bright red vaginal bleeding
- Pelvic or lower abdominal pressure
- Low, dull backache (back pain/pressure)
- Mild abdominal cramps (with or without diarrhea)
- Regular or frequent contractions or uterine tightening (this may be painless)
- Your water breaks (with a gush or a trickle of fluid)

PREECLAMPSIA

Preeclampsia is a serious condition related to high blood pressure that can happen after the 20th week of pregnancy. It typically occurs in the third Trimester, but it can also occur in the postpartum period.

A woman has preeclampsia when she has high blood pressure along with signs of liver or kidney damage. Some women with preeclampsia do not feel sick, but typical signs of

preeclampsia include:

- Severe headaches that won't go away
- Vision changes (such as blurry vision or seeing spots)
- Sudden or extreme swelling in your hands and face
- Nausea and vomiting
- Gaining more than 5 pounds in a week
- Pain in the right upper abdomen or shoulder, or stomach pain

*****Call your healthcare provider if you have any of these symptoms.***

ROUND LIGAMENT PAIN

Between 12 and 20 weeks, you may notice sharp pains in your groin or lower abdomen that lasts a few seconds, called round ligament pain. The round ligaments are in your pelvis and hold the uterus in place. As the uterus grows, the continuous stretching may cause irregular spasms. These pains are uncomfortable but normally do not indicate any problems. If you have constant or severe pain, bleeding, or have a fever, call your doctor right away.

ANXIETY and DEPRESSION

You might have heard of postpartum depression, but you may not know that the first signs of depression and anxiety may start during pregnancy. perinatal mood disorders can happen during pregnancy or up to a year after delivery. Everyone feels sad or anxious sometimes, but when these feelings last for more than a couple weeks, it is important to seek help. Your healthcare provider can provide you with counseling resources.

Pregnant women are also at increased risk for domestic violence, including physical, emotional, sexual, or verbal abuse. It is important to think of the safety of you and your baby. About 50% of men that abuse their partner also abuse their children. If you are experiencing abuse or have concerns about it, call 614-224-4663 (CHOICES) or your healthcare provider. Prenatal visits can be a good time to reach out for help. You can also get help from:

- The National Domestic Violence Hotline can be reached 24 hours a day, 7 days a week at 800-799-7233 (SAFE) and 800-787-3224(TTY).
- The National Sexual Assault Hotline can be reached 24 hours a day, 7 days a week at 800-656-4673

BREASTFEEDING BASICS















Deciding how you will feed your baby after you give birth is an important choice. The decision is a personal one, but it is important to know the facts!

- Any amount of breastfeeding has benefits for you and your baby.
- Breastfeeding can lower risk of sudden infant death syndrome (SIDS) by 50%.

- Formula does not have the vitamins and nutrients found in breastmilk. Your breastmilk also has antibodies that help protect your baby from infections. Your milk changes to meet your baby's needs. Exclusively (fully) breastfed babies have fewer ear infections and upper respiratory infections, and lower risk for diabetes and obesity.
- Breastfeeding can be hard at first, but it gets easier the more you do it. Breastfeeding saves money and can be a great timesaver! Unlike formula, you don't have to buy, measure, or mix breastmilk.
- Breasts and bottles work differently, so once a baby gets a bottle, they might become impatient at the breast, making breastfeeding more difficult.
- Taking a breastfeeding class while you are pregnant can help you learn about breastfeeding and answer questions that you have before baby arrives.

YOUR BABY

- At 16 weeks, your baby can suck and is about 4 to 5 inches long.
- At 20 weeks, your baby has eyelashes and can hear.
- At 24 weeks, your baby sleeps and wakes regularly and weighs about 1 ½ pounds. You may even feel your baby get the hiccups!

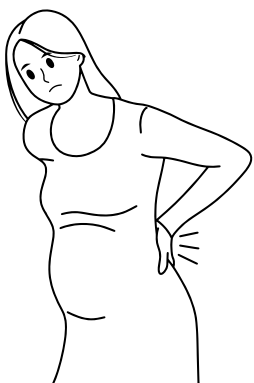
week 14  peach	week 15  apple	week 16  avocado	week 17  pear	week 18  sweet potato
week 19  mango	week 20  banana	week 21  carrot	week 22  papaya	week 23  grapefruit
week 24  corn	week 25  acorn squash	week 26  zucchini	week 27  cauliflower	

Third Trimester

week 28 - 40+

You may start to feel more uncomfortable and find it harder to sleep. As the baby gets bigger, you will likely need to go to the bathroom more frequently and have to get up during the night. You may feel occasional Braxton Hicks or false contractions. As your due date gets closer, it's time to get ready for baby. Be sure to talk to your healthcare provider if you have questions or concerns.

Common Discomforts in the Third Trimester:



- Fatigue
- Heartburn
- Constipation
- Hemorrhoids
- Backaches
- Leg cramps
- Some swelling of the hands and feet
- Braxton Hicks contraction

PRENATAL CARE

During your third trimester, prenatal appointments are usually scheduled every 2 weeks until 36 weeks, when you will start weekly appointments until you deliver your baby. Some women need more frequent appointments depending on their health needs.

There are routine treatments and tests that are completed during the third trimester. These may include:



- Group B Strep (BGS):

This test is done between 35 and 37 weeks. Samples are taken from the vagina and around the rectum with a cotton swab. GBS is not sexually transmitted but is a very common bacteria that can live in your vagina, bowel, and bladder. GBS is not harmful to you, but it can be very dangerous to your baby if it is not treated during labor. If testing is positive, you will be given IV (intravenous) antibiotics when labor begins.

- Fetal Movement Counts (Kick Counts):

Fetal movement is a sign of fetal well-being. Pay attention to how much your baby moves so you can learn their normal patterns.

- Your provider may ask that you count the number of times you feel your baby move. You should feel your baby move 6 times in one hour or at least 10 times in two hours

-If your baby is moving less than usual, drink some water and sit or lay down in a quiet place for one hour. Count how many times you feel the baby move. Call your healthcare provider if the baby does not move at least 6 times in the hour you were counting.

- Non-Stress Test (NST):

If you have a high-risk pregnancy, are past your due date, or have had decreased fetal movement, this test might be done to check your baby's movement and heart rate using a fetal monitor

- Tdap Shot (Vaccine):

Whooping cough (pertussis) is a very contagious disease and can be deadly for babies. It can cause them to stop breathing. The Tdap vaccine is recommended between 27 and 36 weeks of each pregnancy. By getting this vaccine, you will help protect your baby from whooping cough by passing antibodies to them before both.

WHEN TO CALL YOUR DOCTOR

Call your doctor right away if you experience any of these health issues:

- A decrease in baby's movement
- More than four contractions in one hour
- Any bright red bleeding from your vagina (like a period)
- Leaking fluid from your vagina, even if you are not having any contractions
- Severe menstrual-like cramping
- A constant dull ache or pressure in your low back
- Vision changes, such as spots or blurred, tunnel or double vision
- Severe dizziness
- Pain or burning with urination
- Sudden or increased swelling of your hands, face, or feet
- Continuous headache that won't go away
- Severe nausea or vomiting
- Fever of 100.4 F or more
- If you fall or have a severe injury to your abdomen

Health Concerns

KNOW THE SIGNS OF PREECLAMPSIA

Tell your healthcare provider if you get severe headaches, vision changes, severe swelling of your face, hands, feet, or ankles, or if you are gaining a lot of weight. These can be signs of preeclampsia.

STAY HYDRATED

Dehydration can lead to uterine cramping and headaches. Try to drink six to eight, 8oz glasses of water a day, or at least 4 bottles of water.

KEEP MOVING

Low impact exercises like walking or swimming are good choices while you are pregnant. As your belly grows, it may be easier to lose your balance. Be careful when exercising and on slippery surfaces, such as in the shower.

SIGNS OF LABOR

If you think you are going into labor, you will need to keep track of contractions. If you are less than 36 weeks pregnant, drink water and lay down on your left side for 1 hour. Unless your doctor or midwife gives you other instructions, follow the 5-1-1 rule:

- Labor at home until your contractions are at least 5 minutes apart, lasting for at least 1 minute, and have had that pattern for at least 1 hour. If you think you are in labor or if your water breaks, call your healthcare provider.

Near the end of third trimester is it normal to have more vaginal discharge and you might pass a mucus plug, this is normal and means your cervix is getting ready.

TRUE LABOR	FALSE LABOR
Contractions are evenly spaced (regular)	Contractions are not evenly spaced (irregular)
Contractions get stronger	Contractions do NOT get stronger
Time between contractions shortens	Time between contractions does not shorten
Contractions do not stop with walking, rest, or drinking fluids	Contractions stop with walking, rest, or drinking fluids
Blood-tinged mucus	NO blood-tinged mucus

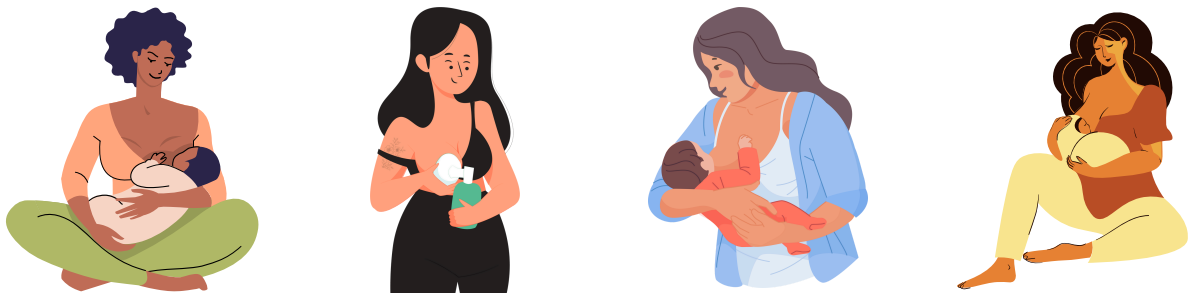
BREASTFEEDING BASICS

One of the first decisions as a mom is how to feed your baby. Learn about breastfeeding before the baby is born. Breastfeeding is natural, but it is not always easy. Many moms go through an adjustment period when learning to breastfeed. It helps to be prepared and ask for support.

By the third trimester, your breasts will be larger and you might notice a yellowish fluid leaking from your nipples. This is called colostrum and is the nutritious liquid made before your breast milk comes in. This is your baby's first food! Nursing pads can be placed inside your bra to absorb the fluid.

A newborn's tummy is tiny and breastmilk is easily digested - which means your baby will get hungry quickly. To establish a good milk supply, it is important to breastfeed "on demand". This means you breastfeed when your baby gives you hunger cues.

Exclusive breastfeeding is recommended until your baby is 6 months old because of the many ways it is good for you and your baby. Call 614-898-6676 (MOMS) to register for a Mount Carmel Breastfeeding Class. They also offer breastfeeding support groups led by a certified lactation consultant and a free Breastfeeding Helpline, 614-234-MILK.



GET READY FOR BABY

- Now is a great time to choose a pediatrician for your baby. Call their office to learn their policy on new infant patients - many will not schedule an appointment until the baby is born.
- Learn how to properly install and use the car seat. If you're unsure or need help, Mount Carmel can help! Call 614-636-3131 to schedule an appointment to make sure your car seat is installed correctly.
- Create baby's safe sleeping space. Your baby will need a firm surface without stuffed animals or blankets. Baby should always be placed on their back to sleep, for naps and at night, to reduce the risk of SIDS.

Having a baby is amazing and exciting, but can be stressful. It is important to seek help if needed:

- Talk to your family and friends about how they can help support you after the baby arrives. If you do not wish to have visitors, let them support you in other ways.

- **Know the signs and symptoms of Postpartum Depression (PPD).** More than 1 in 10 women suffer from PPD. It can happen during your pregnancy or up to a year after giving birth. Depression can make postpartum time so much harder and make it difficult to bond with your baby - it is important to get help!
 - It is normal to have slight mood changes, be irritable, sad, or tearful after giving birth - this is called the “baby blues” and can last about two weeks postpartum. If these feelings last longer than 2 weeks, reach out to your provider.

YOUR BABY





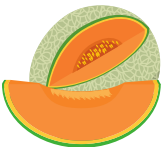





Vertex (head down)



Breech (bottom or feet down)



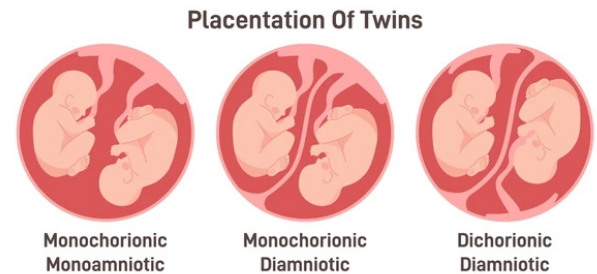
- Starting at about week 33, your baby should gain about ½ pound each week.
- At week 35, your baby’s skin is becoming pink and smooth.
- At week 36, baby’s head should be in your pelvis (or vertex) for delivery.
- At week 38, your baby’s brain, liver, and lungs are still growing and developing.
- By week 40, your baby will be about 18-21 inches long and weigh about 6-9 pounds.

week 28  eggplant	week 29  butternut squash	week 30  cabbage	week 31  coconut	week 32  jicama
week 33  pineapple	week 34  cantalope	week 35  honeydew	week 36  lettuce	week 37  Swiss chard
week 38  rhubarb	week 39  pumpkin	week 40  watermelon		

Multiples

Due to having multiples, you can expect more visits, ultrasounds, and testing to ensure you and babies are healthy.

- **Fraternal babies:** will all have their own sacs and placentas
 - We call these Dichorionic (two placentas) Diamniotic (two sacs), or DiDi for short
- **Identical babies:** will share a placenta with one or more womb-mates
 - There are two kinds of identical twins:
 - Monochorionic (one placenta) Diamniotic (two sacs), or MoDi.
 - Monochorionic (one placenta) Monoamniotic (one sac), or MoMo.



DiDi TWINS

Two eggs are fertilized and implant resulting in two separate babies. Or, less commonly, a single fertilized egg split very early (within the first couple of days after fertilization) and created identical twins that each have their own placenta and sac. They then implant within the uterus around day 6 after fertilization. Each baby in a DiDi pregnancy will grow like a singleton but a little more cramped as they have to share a womb. DiDi twins are the least high-risk multiples compared to other twins.

MoDi TWINS

One egg is fertilized and splits (around day 4-8), implantation (around day 6) then happens resulting in two babies, two sacs, and one shared placenta. MoDi are higher risk than DiDi due to two babies sharing nutrients from a single placenta and that one may get more or less than the other.

MoMo TWINS

One egg is fertilized and splits later (around day 8-13 – this only equals about 5% of identical twins) after implantation (around day 6) resulting in two babies, one sac, and one placenta. MoMo babies are the highest risk twins. They move freely around each other in the womb since they don't have individual sacs to separate them and we worry their cords could wrap or tangle. They, like MoDi, are also at risk for one baby to get more or less nutrients than the other. MoDi twins are usually admitted to the hospital for monitoring around 24 weeks gestation until delivery.

Multiples are exciting but can be overwhelming, make sure to ask for help when you need it!

NOTES
