

# Prenatal Care 2<sup>nd</sup> Trimester





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# Now that you are pregnant in your 2nd trimester

Your body continues to change in the second trimester of your pregnancy. The second trimester ranges from week 13 to 27. During this time, your baby continues to grow and develop almost daily. This means that your belly will grow larger and you will notice that the first trimester's characteristic discomfort has most likely disappeared.

## Road to Well-being

- Most women who did not feel well in the first trimester of pregnancy usually begin to feel better in the second trimester.
- Nausea and vomiting from morning sickness should decrease over time.
- You may have more energy and fewer mood swings as your hormones are getting balanced.
- This is a good time for you to deal with many tasks needed to prepare for your baby.
- You should prepare for faster weight gain in this quarter.

### **Among the changes you will likely experience are:**

- The appearance of a line on the skin that extends from the navel to the pubic hair.
- Some areas of the skin may stretch causing stretch marks on the abdomen, breasts, thighs, or buttocks.
- Darkening of the areolas
- Dark spots on the skin, particularly on the cheeks, forehead, nose or upper lip. They usually occur on both sides of the face. This is known as the pregnancy mask.
- Numbness or tingling in the hands and plants of the feet.
- Tell your doctor if you have nausea, loss of appetite, vomiting, jaundice or fatigue along with itching. This may indicate severe liver problems.
- Inflammation in the ankles, fingers and face. (If you notice any sudden or extreme inflammation or if you gain weight quickly, contact your doctor right away. This can be a sign of preeclampsia).

# Common Symptoms

During this trimester period you may feel new or changing symptoms such as:

- Fatigue
- Urinating problems
- Heartburn
- Varicose veins
- Vaginal discharge
- Constipation
- Nose and gum bleeding
- Hemorrhoids
- Respiratory problems
- Headaches
- Numbness and tingling

## Pain Management

Pregnancy brings more strain to your back, in turn affecting your posture. Hips and pelvis may begin to hurt as pregnancy hormones relax the ligaments that hold the bones together.

To avoid or reduce back pain, you should consider the following:

- Do not lift heavy objects.
- Avoid excessive weight gain.
- Wear low-heeled shoes.
- Sleep on your side with a pillow between your legs.
- Use chairs with a good back support.
- Do not stay standing for long.
- When lifting objects flex your knees, avoid bending your waist.
- Stay physically active, walk and stretch frequently.
- Before doing any exercise routine, consult with your Obstetrician or specialist.

# Pain Management

Between weeks 18 to 24, pains in the abdomen (belly) or groin often occur. You should consider:

- When you feel pain or need to stretch, move slowly or change position.
- Light discomfort or pain that lasts for short periods of time is normal.
- You should be aware if the pains and discomforts are constant and severe, if you have possible contractions, if you are bleeding or have a fever.

## Pain and discomfort in the legs

- The extra weight you carry during pregnancy can cause leg pain.
- You may have cramps, especially when you sleep. These may be related to the pressure your growing baby puts on the nerves and blood vessels that reach your legs. Make sure you sleep on your side instead of on your back.
- You should be careful if you have pain and swelling only in one leg. This may be a sign of a blood clot. Tell your doctor if this happens to you.

## Laboratory Tests

Laboratory tests are important for proper prenatal care.

- **Hemoglobin tests:** Must be done between week 24 and 28. These tests evaluate blood count and iron levels.
- **Glucose tolerance test:** To detect possible signs of diabetes.
- **Antibody Detection:** It detects in the blood the Rh negative, an inherited trait that refers to a specific protein found on the surface of red blood cells. You may need a blood test to check for Rh antibodies.

## Ultrasound examination

- Level II ultrasound or sonogram is an imaging technique that uses high-frequency sound waves to generate images of a baby in the womb.
- Detailed ultrasound can help your doctor evaluate fetal anatomy. Fetal ultrasound can also give you a chance to find out the sex of the baby.

# Prenatal Care

During the second trimester, your prenatal visits should be every 4 weeks, they may be every 2 to 3 weeks if you have any chronic condition. Your obstetrician will:

- Check your weight and blood pressure at each prenatal visit.
- Monitor baby growth.
- Listen to your baby's heartbeat.
- Detect any health problems.
- Evaluate fetal movement.
- You might also know your baby's sex if you wanted to.
- Do not forget to mention all the signs or symptoms that worry you. It will probably give you peace of mind to talk to your obstetrician about it.

## **Call your obstetrician if:**

- You have any signs or symptoms that are not normal.
- You are thinking of taking any new medications, vitamins or herbs.
- You have some bleeding.
- Vaginal discharge has increased or if it smells.
- You have fever, chills or pain when urinating.
- You have low, moderate, or severe cramping or abdominal pain.
- You have any questions or concerns about your health or pregnancy.

# Pregnant insured

If you have any questions, you can call the Clinical Management Unit at:

**(787) 706-2552**

*"Now that you are pregnant, you need to take more care of yourself because your baby senses everything you feel. Lead a healthy life and maintain a good mood to make your baby a happy boy or girl."*

## References

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Call the customer service number on your ID card for assistance.

請撥打您 ID 卡上的客服號碼以尋求中文協助。

Gọi số dịch vụ khách hàng trên thẻ ID của quý vị để được hỗ trợ bằng Tiếng Việt.

한국어로 도움을 받고 싶으시면 ID 카드에 있는 고객 서비스 전화번호로 문의해 주십시오.

Para sa tulong sa Tagalog, tumawag sa numero ng serbisyo sa customer na nasa inyong ID card.

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Rele nimewo sèvis kliyantèl ki nan kat ID ou pou jwenn èd nan Kreyòl Ayisyen.

Pour une assistance en français du Canada, composez le numéro de téléphone du service à la clientèle figurant sur votre carte d'identification.

Ligue para o número de telefone de atendimento ao cliente exibido no seu cartão de identificação para obter ajuda em português.

Aby uzyskać pomoc w języku polskim, należy zadzwonić do działu obsługi klienta pod numer podany na identyfikatorze.

日本語でのサポートは、IDカードに記載のカスタマーサービス番号までお電話でお問い合わせください。

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Rufen Sie den Kundendienst unter der Nummer auf Ihrer ID-Karte an, um Hilfestellung in deutscher Sprache zu erhalten.

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Enjoy every stage of your pregnancy and  
remember that in Triple-S Salud we are here to  
guide you. Call us at  
**787-706-2552**