

## Second Trimester (12-28 weeks)

### Between 16-20 weeks:

- Your physician may request an ultrasound to check the baby for size, gestational age, placement of the placenta, position of the baby and number of fetuses. The ultrasound creates an image of the fetus from sound waves. Our sonographer in Suite 5 does most ultrasounds. It is your decision to find out the gender of your baby. If you wish to know, please let the ultrasound technologist know. Unfortunately, there is no guarantee of the fetal sex based on the ultrasound alone (a genetic amniocentesis would be necessary).
- Your physician will measure your fundal height (the top of your uterus) every visit after 20 weeks to ensure that your uterus is growing appropriately. The top of the uterus is at the umbilicus at 20 weeks. Usually, the fundal height is close (plus or minus 2 centimeters) to your gestational age in weeks.

### Between 24-28 weeks:

- We recommend a one-hour glucola test to check for gestational diabetes. Gestational diabetes occurs when your placenta makes a hormone that causes your body to become resistant to your own natural insulin. When this occurs, the level of glucose or sugar in your blood stream becomes elevated which can cause problems for the fetus. Your blood is drawn one hour after you drink a sugary solution called Glucola. There is no need to fast for the test. If your blood sugar level is normal, no further testing is needed. If the sugar level is elevated, a full three-hour glucose tolerance test is necessary.
- If your one-hour test shows that you need to take the 3-hour test, we ask that you make an appointment at the lab for the test. A laboratory slip will be left at the front desk or an order will be faxed to the laboratory of your choice. Once you have made the appointment, you may be asked to follow a special diet for the 3 days prior to the glucose tolerance test. You may have nothing to eat or drink other than water for the 12 hours before your appointment.
- If you have gestational diabetes as determined by the test, you will be referred to a special program that helps you with your diet so that your sugar levels remain normal throughout the remainder of your pregnancy.
- Your blood count is repeated to check for anemia. It is very common to be anemic in the third trimester and need to take iron supplements (page 44).
- If your blood type is Rh negative and your partner has Rh-positive blood type or is unknown, you receive a shot of Rhogam at 28 weeks to protect your baby. If this applies to you, it will be discussed in more detail with you.
- If you decide to do cord blood banking, a collection kit is available at Los Olivos.
- The Tdap vaccine is recommended for all adults in contact with newborns and toddlers under the age of one to prevent transmission of pertussis, also known as “whooping cough.” If you have not already received this vaccine, you may receive it during the second or third trimester of pregnancy. The Tdap is given in the Vaccination Clinic in Suite 2 in the Los Olivos building (phone 356-9500) with a doctor’s prescription.
- Choose your pediatrician.
- Register for Good Samaritan Hospital. You can do this during the hospital tour, by returning the form to your doctor or by faxing a copy to hospital admissions at (408) 559-2675. Keep a copy with your hospital bag.

## Second Trimester (13-28 weeks)

### What is happening to me?

You may be experiencing:

- A linea nigra (a dark line running down your abdomen) forms
- At 18-20 weeks, you will usually begin to feel "Quickening" or fetal movements
- Nasal congestion/Nose bleeds
- Bleeding gums
- Increased appetite
- Mild swelling of hands and feet
- Lower abdominal aches/Backaches
- Constipation
- Leg cramps

\*For helpful suggestions, please refer to the section "[Common Discomforts of Pregnancy](#)".

### What is happening to my baby?

4th month (14-18 weeks):

- Your baby's heartbeat may now be audible with the use of a doppler (ultrasound)
- Eyelids, eyebrows, eyelashes, nails and hair are formed
- Your baby is developing reflexes, such as sucking and swallowing
- Tooth buds appear
- The fingers and toes are well-defined
- By the end of this month your baby is about 6 inches long

5th month (19-23 weeks):

- A soft, downy "lanugo" (fine hair) covers your baby's body
- Hair begins to grow on its head
- A protective vernix (cheese-like) coating covers the fetus
- Your baby now weighs about one pound and measures nearly 10 inches long

6th month (24-28 weeks):

- Your baby's essential organs are formed
- He/She weighs 1-2 pounds and is about 12 inches long
- The eyes begin to open, fingerprints form
- Your baby grows quickly from now until birth
- The organs are developing further
- The skin is wrinkled and covered with fine hair
- The fetus moves, kicks, sleeps and wakes
- The fetus can swallow and hear
- The urinary system is working