



## **Pregnancy Information – Maternal and Fetal Changes**

### **First Trimester (before 12 weeks)**

#### **What to expect at the first doctor visit:**

- Please complete the genetics questionnaire and the prenatal questionnaire before your appointment and bring them with you. You can obtain these two forms at [www.lowmg.com/office/first-ob-visit.html](http://www.lowmg.com/office/first-ob-visit.html) or have them to be sent to you.
- Your due date will be determined as well as an estimate of how many weeks pregnant you are. It is helpful if you know the first day of your last menstrual period (LMP) or when you ovulated. A “nine month” pregnancy lasts 40 weeks starting from the first day of your last menstrual period (LMP).
- During your appointment, your questionnaires will be reviewed and your questions will be answered. If you have not had a recent examination, a physical exam with a Pap smear will be performed.
- Carrier states for some genetic diseases can be diagnosed. (page 63) Tests are available for cystic fibrosis (CF), spinal muscular atrophy (SMA), fragile X disease and sickle cell disease. If you or the father of the baby is of Jewish descent, you may be screened with an Ashkenazi Jewish Genetic Screening panel, which includes Tay-Sachs, Canavan’s and Gaucher’s disease. If you are of African-American descent, you may be screened for the sickle cell genetic trait.
- The California Prenatal Screening Program will be discussed and offered. This test is an optional screening test for Down syndrome and some other genetic conditions and is available to all age groups. Please refer to the Prenatal Patient Booklet to help you decide if you would like to choose one of the three available testing options.
- We recommend that you take prenatal vitamins or folic acid (.4 mg to 1.0 mg) daily during the first 13 weeks of pregnancy. If you have a preference for a certain brand, please let the nurse know and a prescription can be called to your pharmacy. Most nonprescription (OTC or over-the-counter) vitamins have similar formulations and may be less expensive than prescription vitamins.
- After meeting with the doctor, you will have an opportunity to meet with the financial counselor. She will call your insurance company with you to determine your level of benefits and complete a financial agreement.
- Please feel free to ask any questions during any of your visits. We recommend that you write them down so that you do not forget any of your concerns and all of your questions can be answered. Between appointments, you may call during office hours and leave non-urgent questions on the voice mail. Your calls will be returned by our office staff the same day in most instances.
- Please sign up for birthing classes early in your pregnancy as you may not be able to take them at the time or place of your choice if you wait until the third trimester to register. Los Olivos classes are very popular and fill up quickly. Register at Los Olivos (extension 209), [CBEclass@lowmg.com](mailto:CBEclass@lowmg.com), or at Good Samaritan Hospital (559-BABY).

Good Samaritan hospital also offers classes on breast-feeding, infant CPR and sibling classes if you are interested. [www.lowmg.com/office/classes.html](http://www.lowmg.com/office/classes.html)

## **First Trimester (continued)**

### **You may be experiencing:**

- Missed period
- Fatigue, sleepiness, no energy
- Heartburn, indigestion, bloating, excess gas
- Food aversions and cravings
- Emotional ambivalence, Anxiety
- Headaches
- Nausea or vomiting
- Breast tenderness and enlargement
- Frequent urination

### **Baby changes include:**

#### **1st month (0-4 weeks)**

- The fertilized egg grows rapidly
- The placenta begins to develop
- The heart and lungs begin to develop
- By the end of this month, your baby is  $\frac{1}{4}$  inch long (smaller than a grain of rice)

#### **2nd month (5-9 weeks)**

- Your baby's major organs and facial features begin to develop
- Fingers, toes, ears and eyes are forming
- Bones are starting to replace cartilage
- By the end of this month, your baby is about one inch long
- The heart begins to beat

#### **3rd month (10-13 weeks)**

- Your baby's sexual organs develop by the end of this month
- Your baby can also open and close its fists and mouth
- As this month ends, your baby is about four inches long and weighs over one ounce
- Warning signs: Please call our office immediately if you experience active bleeding, significant cramping, or trauma or injury to your abdomen.

## **Second Trimester (12 - 28 weeks)**

### **16-20 weeks**

- During the second and subsequent visits, you will be asked to give a urine specimen, which is tested for protein (screening for pregnancy-induced hypertension) and glucose (screening for gestational diabetes). Your weight and blood pressure will be recorded. We will listen for fetal heart tones and answer questions. As your pregnancy progresses, the uterine or fundal height will be checked and other tests may be ordered.
- If you are participating in the California Prenatal Screening Program, a second trimester blood test should be drawn between 15 and 20 weeks of pregnancy. This screening test will give a Risk Assessment to estimate the chance of your baby having Down syndrome or Trisomy 18.

- If you are under 35, schedule an ultrasound at Los Olivos between 18 and 20 weeks. The ultrasound will check the baby for size, fetal anatomy and placement of the placenta. The ultrasound creates an image of the fetus from sound waves. Our sonographers in Suite 1 and Suite 5 perform 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).
- If you are over 35, you may schedule genetic counseling and amniocentesis based on your age alone. This is performed at a Prenatal Diagnosis Center between 16 and 18 weeks. Amniocentesis is also available if your Risk Assessment is less than 1 in 1000.
- If you will be 35 years or older on your due date, schedule an ultrasound at a Prenatal Diagnosis Center between 18 and 20 weeks.
- 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, measured in centimeters, is close (plus or minus 2 centimeters) to your gestational age in weeks.

## **24-28 weeks**

- You will take 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 your baby. 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 the one-hour test indicates elevated blood glucose, make an appointment at the lab for a three-hour glucose tolerance test. A laboratory slip will be left at the front desk or an order will be faxed to the laboratory of your choice. 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 Sweet Success Diabetes program that educates you about 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 develop anemia in the third trimester and need iron supplements.
- If your blood type is Rh negative and your partner has a Rh positive blood type, you will receive a shot of Rhogam at 28 weeks to protect your baby. This will be discussed in more detail if applicable.
- If you decide to do cord blood banking, information and collection kits are available in the financial counselor's office 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 been vaccinated within the last ten years, you should consider vaccination. The Tdap is available in the Vaccination Clinic in Suite 2 in the Los Olivos building (phone 356-9500) or at the hospital after the baby is born.
- Pay your portion of the estimated delivery charges by 26 weeks.

## **You may be experiencing:**

- A linea nigra (a dark line running down your abdomen) forms
- At 18-22 weeks, you will usually begin to feel "quickening" or fetal movements
- Nasal congestion or nose bleeds or bleeding gums
- Increased appetite
- Mild swelling of hands and feet and leg cramps
- Lower abdominal aches, backaches, and constipation

## **Baby changes include:**

### **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
- The gender is identifiable
- 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
- The baby 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 baby can hiccup
- 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

## **Third Trimester (28 weeks - delivery)**

### **After 28 weeks**

- You should be feeling the baby move daily.
- Start recording fetal kick counts. A fetal kick count form is included on page 26 or can be downloaded [www.lowmg.com/info/medinfo/ob/ob\\_book/fetal\\_kick\\_counts.pdf](http://www.lowmg.com/info/medinfo/ob/ob_book/fetal_kick_counts.pdf).
- Take a tour of Good Samaritan Hospital and turn in the preregistration form. FAX the form to the hospital admissions department (559-2675) or return it to Los Olivos. Please keep a copy of the completed form.
- Choose a pediatrician. The community is fortunate to have many excellent pediatricians. Ask your friends or your physician for recommendations. The pediatrician is the physician with whom to discuss nursing, circumcision and the baby's

health after birth. If you wish to interview pediatricians, this should be done early in the third trimester. A list of pediatricians can be found on page 58.

- Preregister for Good Samaritan Hospital. Return the completed form (download at [www.lowmg.com](http://www.lowmg.com)) along with a copy of your driver's license and insurance card to the admissions desk at GSH. You can also fax it to GSH (408) 559-2675. Keep a copy of the completed form in your hospital bag.
- Your physician may check your cervix for dilation and/or softening during the last month of your pregnancy. A vaginal culture for beta-streptococcus is usually taken at 36-37 weeks of pregnancy.
- You will be monitored for pre-eclampsia (Pregnancy Induced Hypertension or PIH) during the third trimester. Signs of pre-eclampsia include increased blood pressure, right upper quadrant abdominal pain, protein in your urine, severe headaches, significant swelling of your hands, feet or face.

### **You may be experiencing:**

- Abdominal pains and Braxton-Hicks contractions
- Shortness of breath
- Stronger fetal activity and larger movements
- Difficulty sleeping
- Swelling of hands and feet
- Itchy abdomen and the navel sticking out
- Frequent urination
- Colostrum or leaking breasts
- Increasing back and leg aches
- Hemorrhoids and increased vaginal discharge

### **Baby changes include:**

#### **7th month (29-32 weeks)**

- This is a period of extreme growth and maturation for your baby
- By the end of this month fat begins to deposit on your baby
- Your baby can suck its thumb, hiccup, cry, and can taste sweet or sour
- The baby can respond to stimuli (pain, light and sound)
- The placental functions begin to diminish
- The volume of amniotic fluid lessens
- Your baby is about 14 inches long

#### **8th month (32-36 weeks)**

- Your baby is starting to see and hear as the brain matures
- Excluding the lungs, most systems are well-developed
- By the end of this month, your baby is about 18 inches long and weighs about 5 pounds

#### **9th month (37-40 weeks)**

- The lungs are maturing this month
- The baby adds about ½ pound growth per week
- Your baby may weigh nearly 7 pounds and be about 18-20 inches
- The baby kicks and stretches as the baby gets bigger and there is less room
- Fine body hair disappears
- Bones harden, but bones of the head are soft and flexible for delivery
- The fetus settles into a position for birth