

WHAT TO EXPECT WHEN EXPECTING

2ND TRIMESTER

Weeks 13 - 26

PRENATAL CARE

- Visits are every 4 weeks.
- Anatomy Ultrasound between 18-22 weeks.
- Genetic Testing - Maternal Quad screening between 16-20 weeks.

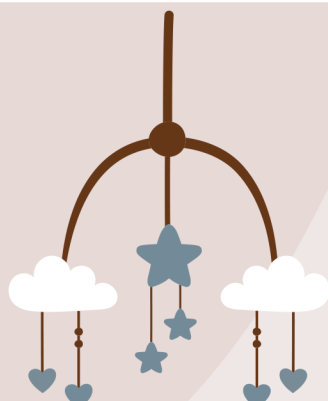
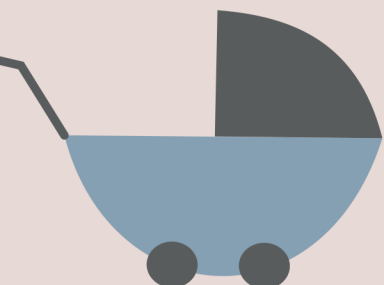


PREPARATION

- Add about 300 calories a day.
- Hydrate, Hydrate, Hydrate
- Consider a pregnancy belt for back support.

COMMON COMPLAINTS

- **Round Ligament Pains (Growing Pains)**
- **Back Pain**
- **Muscle cramps**
- **Urinary Tract Infections** (not uncommon)



Write down any questions, comments, or concerns to discuss with your healthcare provider at your upcoming visit.

TOTAL WEIGHT GAIN

UNDERWEIGHT
BMI < 18.5

HEALTH WEIGHT GAIN
28 - 40 LBS

NORMAL WEIGHT
BMI 18.5 - 24.9

HEALTH WEIGHT GAIN
25 - 35 LBS

OVERWEIGHT
BMI 25 - 29.9

HEALTH WEIGHT GAIN
15 -25 LBS

OBESE
BMI > 30

HEALTH WEIGHT GAIN
11-20 LBS



You are a MOM, not a SUPERHERO.
Always ask for help when needed.