

My 13-15 Week Pregnancy

Total Women's Health of Baltimore



Development

At 13 weeks, your baby is the size of a plum. Thirteen weeks into your pregnancy, or 11 weeks after conception, your baby is beginning to make urine and release it into the amniotic sac, making amniotic fluid. Yes, that's right, your baby swallows the amniotic fluid and then urinates it back into the amniotic sac! The vocal cords are forming. Baby's skeletal system is continuing to develop. His or her upper limbs are proportionate to the rest of the body but the lower limbs are still slightly shorter. The large bones that make up the skull are forming and hardening. As they harden, the bones appear lighter and whiter on ultrasound. At 14 weeks the baby is 3 ¼ to 4 inches crown to rump and weighs about 1 ounce. Male and female genitalia are now formed. Baby's liver and spleen are producing red blood cells. At 15 weeks, although the eyelids are still fused, the baby can sense light. If you shine a flashlight at your tummy for instance, the baby is likely to move away from the beam. The baby is also starting to form taste buds. The baby is covered by very fine hair called lanugo, which are usually shed by birth. Eyebrows and hair are starting to grow. By 15 weeks the baby has grown to a length of 4 to 4 1/2 cm from crown to rump and weighs 1 ¾ ounces. At 15 weeks the baby is now the size of a grapefruit.

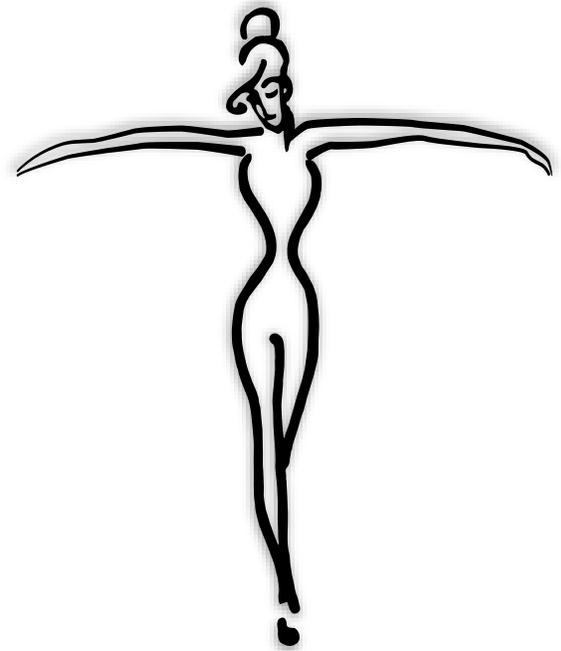
My Body & My Symptoms

The 13th week marks the beginning of what is known as the "honeymoon" period of the pregnancy and the beginning of the second trimester. Nausea, vomiting and fatigue should be resolving and the symptoms of swelling, back pain and pelvic pressure that usually accompany the third trimester have not yet begun. You are now beginning to have a "baby bump" and may be telling most friends and family members about the pregnancy. Being safely past the first trimester, the risk of miscarriage has decreased significantly. Typically, emotions even out and sex drive returns.

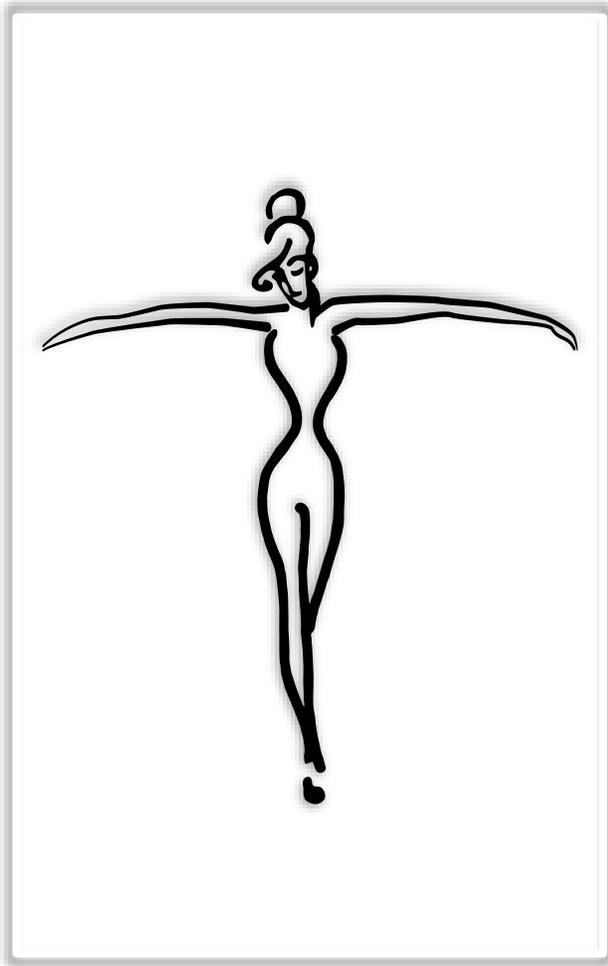
Around this time, you start to experience a new discomfort called round ligament pain as the uterus stretches from a small pelvic organ to become a large abdominal organ now located above the pelvic brim. The ligaments that hold the uterus in place start to stretch with this growth. You may experience sudden, sharp pains on one or both sides of the groin that can stop you right in your tracks!

Things To Consider

As you start to experience these sudden, sharp pains, Tylenol may give minimal to moderate relief. (Do not take ibuprofen). If the pain is very bothersome, talk with Dr. Oliver. There are prescription formulations available that are safe in pregnancy. If you haven't gained weight or have lost weight due to morning sickness, this is when you begin packing on the pounds. It is important to eat frequent small healthy meals. You may want to think about getting moderate exercise and eating lots of fruits and vegetables to combat constipation. Start learning to sleep on your left side- your circulation is better that way.



Add your 9-12-week picture



What I look like this week

My To-Do List

- Sign up for a prenatal yoga class
- Start writing down questions as the forgetfulness of pregnancy begins
- Ask Dr. Oliver about the various tests performed at this time
- With the renewed energy of the second trimester and before the fatigue of the third trimester hits, organize your home.

Date of Visit:

Weight:

Memories & Milestones

I started to show on:

My prediction of the baby's gender is:

My weirdest dream so far:

Am I glowing or am I greasy and pimply: