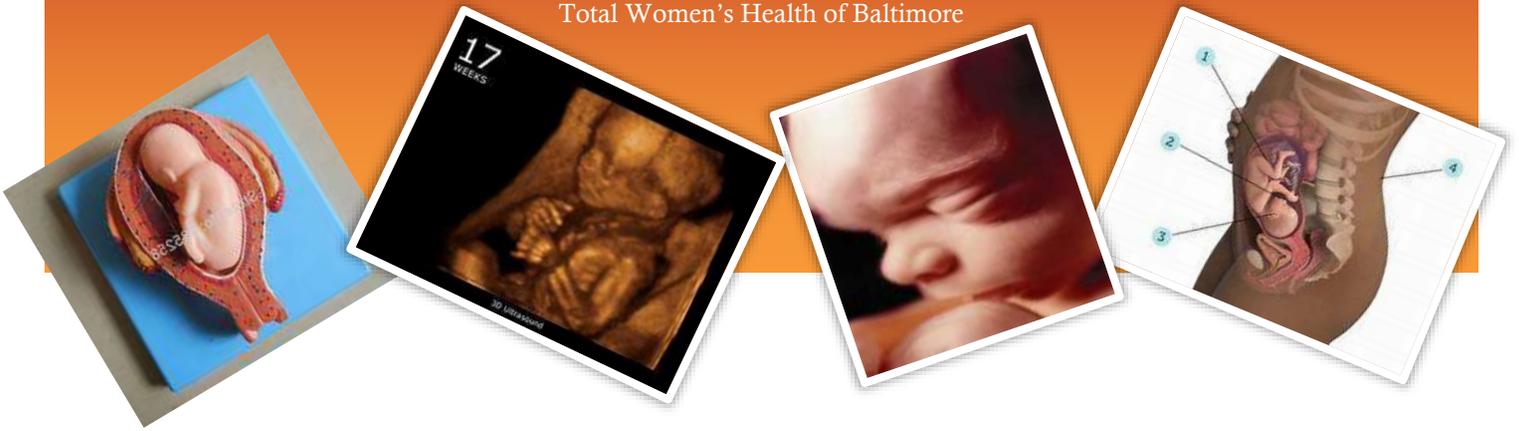


My 16-20 Week Pregnancy

Total Women's Health of Baltimore



Development

At 16 weeks, your baby is the size of an avocado, about 11.6 cm and weighs about 100 grams. By 20 weeks your baby will be about the length of a banana. By then your baby will have doubled its weight to 200 grams (10 ½ ounces) and is now 16.4 cm (6 ½ inches) in length. The baby's legs are much more developed. The patterning of scalp has begun, though his/her locks are not recognizable yet. At 18 weeks, a protective white substance called vernix is starting to form on the skin. The vocal cords are fully formed and by 18 weeks the baby is forming its first poo, called meconium. By 20 weeks the baby is able to hear noises and music outside of your womb. If you are having a girl, hundreds of thousands of eggs are forming in her ovaries by week 16- your future grandchildren! The umbilical cord has fully matured with one vein and two arteries protected by Wharton's jelly (a thick substance that makes the cord slippery so it can move freely around the baby). The placenta is almost as big as your baby.

My Body & My Symptoms

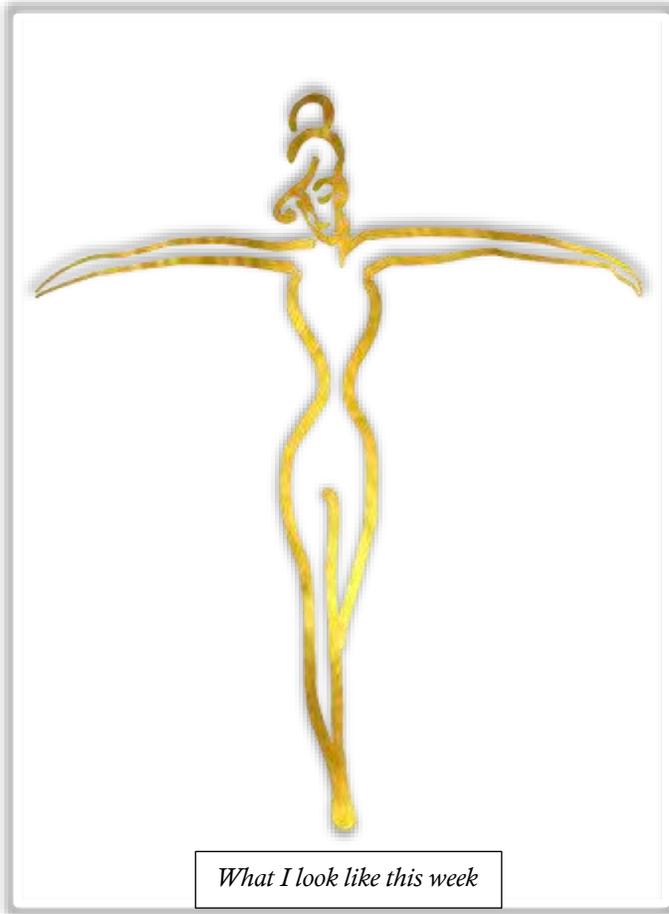
The top of your uterus is now halfway between your pubic bone and your naval. Round ligament pain becomes sharper and you may experience jabbing in the groin on one or both sides. You start to "show" and your clothing no longer fits. You're not fat, your pregnant! You may start to feel "quickening" starting around 16 weeks which may initially be mistaken for gas. As baby grows and the muscles and movement become brisker, you will feel this more and more. Your blood supply increases from 3 ½ quarts to 5 ½ quarts by the end of your pregnancy. Your gums may become red, soft and are more likely to bleed. It is normal for your nose and sinuses to feel stuffy while pregnant. You may experience cramps in your legs and feet. Feeling faint is also normal while pregnant. A yellowish or whitish fluid called colostrum may leak from your nipples. This is due to normal hormonal changes. Heartburn and indigestion are common. Increased blood supply and hormone changes cause your birth canal to increase its secretions. Also due to hormonal changes, your immune system is not as surveillant and you are more prone to yeast and bacterial infections in the vagina, as well as urinary tract infections. Your skin is changing! Increased pigmentation and skin tags may form on your body and you may see a dark line called linea nigra from your pubic bone to above the navel. Melasma, or hyperpigmented patches on the face may start to develop and your neck and vulva may appear darker in complexion. This is because the hormones of pregnancy also trigger the melanin receptors that make pigment.

Things To Consider

If you started your pregnancy at an average weight, you should have gained about 12-14 lbs by the end of second trimester. You need to eat about 340 more calories/day according to the Institute of Medicine. Indeed, you are not truly eating for two because this behavior will cause excessive weight gain. Remember you have to lose it after you deliver! Don't go overboard. Choose a healthy alternative to fast food. Reach for the water instead of the soda or juice. If you want apple juice, for example, eat an apple and drink some water. The fiber from the apple prevents constipation and causes a more steady and stable blood sugar level and is not present juice. Avoid foods that trigger your heartburn and give yourself 2-3 hours to digest your food before going to bed. Try propping up on pillows if you have heartburn. Lying flat on your back can worsen heartburn. During this part of the pregnancy, your body needs more iron to keep up with your expanding blood volume. Some common sources of iron include red meat, legumes, soy-based products, spinach, prune juice, raisins and iron-fortified cereals.



Add your baby's 16-20 week U/S photo here



My To-Do List

- Sign up for a child birthing class (they fill up fast)
- Pamper yourself by getting a prenatal massage
- Start your baby registry
- Combat your “pregnancy brain” by writing down your questions before your next visit
- Have a date night every week, Baby is coming! Life will change!

Date of Visit:

Weight:

Memories & Milestones

I started to show on:

I can't stand the smell of:

I hope my baby has my:

I hope the baby doesn't get or my partner's or my: