13 weeks - 16 weeks

Congratulations, you made it through the first trimester! Hopefully some of the symptoms of nausea and fatigue start to get better now. During this time, your baby will grow from 3 inches long (about the length of a pea pod) to 4 inches. At 16 weeks of pregnancy, your baby will weigh about 2 ½ ounces (the approximate weight of an apple) and will develop fingerprints and even teeth! The intestines will move from a pouch in the umbilical cord into the abdomen. Most moms announce their pregnancy around this time as the highest risk for miscarriage has passed. You might notice you have your appetite back, so be sure to make healthy food choices.

Dietary information

- Be sure to eat a well-balanced diet
- Fluids should be increased to a minimum of 6 to 8 glasses of water a day
- Increase calcium to 1000 to 1300mg daily
- Increase folic acid to 800mcg daily
- Increase iron to 27mg daily
- Protein intake of 71g
- Increase fiber

Healthy snack ideas

- Fresh fruit such as apples, banana, oranges, avocado
- Fresh vegetables such as carrots, celery, broccoli
- Nuts
- Peanut butter
- String cheese, cottage cheese
- Healthy fish, such as tilapia, salmon, catfish, shrimp, crab

Round ligament pain

- As your uterus grows, it causes the ligaments holding it to stretch. To relieve pain, try Tylenol and warm baths.

Exercise

Benefits of exercise during pregnancy include increased energy, improved mood and relaxation, improved sleep, and improved muscle tone and stamina, which is helpful during labor and delivery.

- Try walking, swimming, jogging, riding a stationary bike, golfing, or bowling.
- Don't overdo it; you should be able to talk while exercising.
- Avoid impact sports and activities where you could fall or be hit.
- Stop exercising if you develop dizziness, shortness of breath, chest pain, headache, vaginal bleeding, or contractions.

Travel

- Always wear a seat belt throughout your entire pregnancy. The lap belt should sit below your stomach, low on your hips with the shoulder belt between your breasts.
- Traveling is easiest in the second trimester. Some airlines won't let a pregnant woman fly late in the third trimester.
- Take a copy of your medical records if you travel.
- If flying or traveling more than 2 hours in a vehicle, get up and move around every 2 to 3 hours, as pregnancy increases your risk of blood clots in the legs.

Dental care

- Healthy teeth and gums are an important part of a healthy pregnancy. Tooth and gum disease in pregnancy has been associated with pre-term birth, low birth weight, and cavities in children.
- Be sure to brush your teeth and floss twice a day. This can be difficult if you suffer from morning sickness, but do the best you can. Try changing toothpaste flavors if the toothpaste makes you nauseated.
- Schedule an appointment with a dentist if you or your provider have concerns about your oral health.
- Some insurance providers cover dental care during pregnancy.
Options for Pain Control

What are my options for pain control?

There are many different methods for managing the pain and discomfort of labor.

- Non-Medication Options:

  - Relaxation - The idea is simple. When you fear pain, you tense up, which makes the pain worse. Relaxation is an important part of managing the stress of labor.

  - Breathing - To stay relaxed, it is crucial to pay attention to your breathing. Whether you’re hee-ing or haa-ing, panting or deep inhaling, focusing on your breath and releasing it will provide some relief.

  - Move Around - Walking, swaying, changing positions, and rolling on a birthing ball not only eases pain, but also helps your labor progress. Your nurse will help you suggest and move to different positions as you are comfortable.

  - Massage - Having your labor partner rub your feet, massage your hands/temple can distract you and can boost your morale.

- Medication Options:

  - Epidural - We have a phenomenal anesthesia team who care for our patients. This team stays in the hospital 24 hours a day. If you decide to
have an epidural, you can have this whenever you desire. If you aren’t sure when you want to get your epidural, your healthcare team will help you make your decision. Someone from our anesthesia team will come to meet you when you are admitted to the hospital. They will be available to answer questions that you might have about the epidural.

- **Narcotics** - Narcotics are a type of medication that can be given through your IV. They may provide some short-term relief from your labor pain, but can cross the placenta and affect the way the baby breathes after delivery. There may be a situation during which narcotics would be recommended.