

Ob 2nd Trimester FAQ

1. I didn't go to class and am now wondering if I should have any other available testing?

Since you are already in your 2nd trimester it is too late to do the 1st trimester Nuchal Translucency test. A quad screen test can be performed between 16-18 weeks to screen for Downs Syndrome. Amniocentesis is the only diagnostic test and is done between 15-18 weeks.

2. Yesterday my baby was moving quite a bit, but today it isn't. Should I be worried?

Less than 28 weeks your baby is still small enough that if it gets into a new position you probably won't feel it as much as you did the day before. It also can depend on the location of the placenta. Usually drinking some fluids or eating can help you feel your baby's movement again.

3. I'm having some cramping, should I be worried?

Uterine cramping can be due to the baby growing and the round ligaments stretching. It can also be due to dehydration or doing too much. Decrease your activity level, rest, Tylenol, tub soaks, and avoiding heavy lifting can help. If uterine cramps are accompanied with spotting or bleeding, call the clinic

4. What can I do for headaches; Tylenol is not taking them away?

2nd Trimester hormonal headaches are very hard to deal with. If Tylenol isn't helping, you may need to lie down in a dark quiet room with a cold wet cloth on your forehead. There should be no stimuli (no telephone or TV). Avoid straining your eyes. Call if you are seeing spots, blurred vision, and dizziness or vomiting with headache.

5. My ankles are getting swollen should I be concerned?

Edema or swelling can be due to the increased blood volume you have while pregnant or from prolong standing or sitting. It can also worsen in hot, humid weather or high salt intake. Try elevating your legs as much as possible, wearing support hose and drinking 8-10 glasses of fluids per day. Avoid salty foods and eat foods such as watermelon, asparagus, strawberries, and green tea. Call if you have a sudden increase in swelling, visual changes, nausea or vomiting.

6. How do I know what a contraction feels like?

Your uterus is a muscle, and just like your muscles in your arms that you don't feel until you flex, you don't notice your uterus until it has tightening all over. You may feel the tightness when you get out of a chair or climb some stairs, which is normal. The muscle has contracted but doesn't necessarily hurt or cause pain.

7. I fainted yesterday at work and now I feel light-headed again. What should I do?

Your body needs time to adjust to your new increased blood volume, avoid sudden changes in position. Get up slowly, as your blood pressure can drop quickly and you'll faint. Keep adequate fluid intake and don't skip meals. Avoid stuffy rooms and overly long showers.

8. I didn't pass my glucose test, what does that mean?

If you didn't pass the One hour test you will need to schedule a three hour glucose tolerance test. This test is currently offered at St. Johns. The laboratory staff will give you an instruction sheet and fax your orders if you need to have this testing. In regards to the 3 hour test, you can fail 1 result and still pass, but if you fail 2 you will be called and told that we will be setting you up for the "Diabetes in Pregnancy Program" through Health East.

9. My tummy keeps feeling tight all over, how do I know if that's a contraction?

If your entire uterus gets tight, that indeed is a contraction. If it's only hard in one area, it could be the baby's head, back or buttocks.

10. I got exposed to Fifth Disease (or Chicken Pox) at work. Now What?

If you are concerned that you have been exposed to Fifth Disease, there is an antibody test that gives us two results. The results will show if you already have immunity or if you have had a recent exposure. If the results show a recent exposure, we can re-test in two to three weeks to see if your test rises, this would show an active case.