



Second Trimester

Your Guide to Meeting Baby

SANFORD[®]
WOMEN'S

Path Through Pregnancy

Second Trimester - Week 13 through Week 28

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Second Trimester

Second Trimester To-Do List

- ☐ [Sign up for prenatal classes](#)
- ☐ 20-week ultrasound
- ☐ [Choose your baby’s provider](#)
- ☐ [Review suggested learning topics](#)

Prenatal Care

Continue monthly visits. These monthly visits are needed to learn how the baby is growing. You will also be able to visit with your provider about your feelings, any physical changes that occur and the medical tests you are offered. At each visit, your weight, your blood pressure, your baby’s growth, and your baby’s heart rate will be checked.

Ultrasound

About half-way through your pregnancy at 18-22 weeks, most women will have an ultrasound. This is often referred to as the anatomy scan. The ultrasound uses sound waves to look at the baby’s bones and internal organs. The ultrasound is an important exam to assess the health and development of your baby. The anatomy scan can be one of the most exciting moments of your pregnancy. During the ultrasound, we will provide keepsake photos to share and, if possible, let you know if your baby is a boy or a girl.

Ultrasound FAQ

Can my family or friends come to my ultrasound?

We encourage you to have a support person with you during this medical exam. How many people can be with you during your ultrasound may depend on the size of the ultrasound room. Please check with your care team about how many people are allowed to be present and if they allow children. Any children must have an adult to care for them during your exam. If children become disruptive, they and the support person may be asked to leave the exam room.

Can I videotape my ultrasound?

We will be happy to provide you with photos of your growing baby, but we do not allow video chat, live streaming, personal videotaping or photographing of this medical exam.

What will happen at my 20-week ultrasound?

During this exam, you will lie on your back on a padded table. Gel will be placed on your belly. A handheld transducer (oblong device) will then be moved over your belly. This transducer will send out high frequency sound waves. As some of these waves bounce back, they are picked up, made larger, and displayed as an image or picture that can be studied. A sonographer will scan your baby to evaluate its anatomy and growth. Gender can also be revealed at this time, if you so desire.

How long does this exam take?

It varies. Most are completed in under an hour.

Do I need a full bladder?

No. You can empty your bladder before the exam.

When will I know the results of the ultrasound?

A final report will be given to your provider to review with you at your next prenatal appointment.

Vaccinations

You can receive the vaccines from your primary care provider, a walk-in clinic, or a local pharmacy.

Tdap Vaccine

This vaccine prevents the spread of pertussis, more commonly known as whooping cough, to your baby. Tdap vaccination is recommended between 27 and 36 weeks of pregnancy and for all those who will be spending time with your baby, including grandparents and daycare providers who have not received a booster in 10 years.

Gestational Diabetes

Toward the end of the second trimester or the beginning of the third trimester, you will have a glucose tolerance test. This test will see if you have developed gestational diabetes. This condition can affect your health and the health of the baby. This form of diabetes often goes away after pregnancy, but it is also important to care for yourself and your baby during pregnancy. Some moms can manage gestational diabetes with diet and exercise, some will need oral medicines, and some will need to use insulin.

Getting Ready for the Test

Eat and drink normally but avoid high sugar foods. How is the test done? At your appointment, you will be given a special sweet flavored drink that is approved by the lab. After an hour, we will check your blood sugar. If the results are high, you may need a second test.

Getting Ready for the Second Test

Do not eat or drink anything but water for 8 to 12 hours before your test.

How is the second test done? Your blood sugar will be checked 4 times.

1. Your blood sugar will be checked when you arrive at the clinic after not eating for 8-12 hours. Then you will drink the same sweet flavored drink as before.
2. Blood sugar test after 1 hour
3. Blood sugar test after 2 hours
4. Blood sugar test after 3 hours

You will need to be at the clinic for up to four hours. You cannot eat anything until after the final blood sugar test. You may want to bring a snack for when the test is complete.

Choosing a Provider for Baby

Once your baby arrives, he or she will need a provider who you will go to for everything from those first check-ins all the way up to their teenage years. Selecting a primary care provider for your baby is an important decision which is why we offer highly-qualified experts in both pediatrics and family medicine at several locations for your convenience.

Pediatricians

Pediatricians care for normally growing and developing children. They are specially trained in the diseases and disorders of babies, children and teenagers.

Family Medicine

Family medicine providers provide medical care for people of all ages, including babies, children, pregnant women, adults and the elderly. They also have special training in preventive medicine.

How To Find a Provider for Your Baby

To learn more and to select a provider who is right for your family visit sanfordhealth.org.

If your family already has a primary care provider, most are happy to add your new baby under their care, just contact their office.

Breastfeeding Benefits

You want the best for you and your baby. You want to bond. You want them to be healthy and nourished. At Sanford Women's we encourage you to consider breastfeeding your infant. It has many benefits for both you and baby.

- Easily digested
- Contains important nutrients
- Contains antibodies to protect against infection
- Reduces risk of diarrhea, respiratory infection, ear infection and allergic skin reactions
- Helps clear infant's lungs and intestinal tract
- Coats infant's stomach and intestines to protect against invading organisms
- Helps mother's uterus return to normal size
- Economical
- Convenient
- Safe
- Creates a bond between mom and baby

Sanford Women's has [certified lactation nurses](#) to help prepare you for breastfeeding and guide you along the way.

Follow this link to download the [Third Trimester Pregnancy Guidebook](#)

Preterm Labor

Preterm labor starts when you go into labor and are still three weeks or more away from your due date. An early delivery can cause your baby to have problems with breathing, eating and keeping normal body temperature. Knowing the signs of preterm labor can help you know when to get help and avoid a potentially serious situation.

Early Warning Signs of Preterm Labor (Before 37 Weeks)

- Contractions (the belly tightens like a fist) every 10 minutes or more often.
- Change in vaginal discharge
- Large increase in the amount of discharge
- Leaking fluid
- Bleeding
- Pelvic pressure – the feeling that the baby is pushing down
- Low, dull backache
- Cramps that feel like a menstrual period
- Belly cramps with or without diarrhea

If you experience any of these symptoms, call your health care provider to determine if you may be experiencing preterm labor.

Pregnancy Warning Signs

- Headache that does not go away
- Swelling in your face, eyes, or hands
- Sudden weight gain over 1-2 days
- Pain or burning when you urinate
- Not urinating very much at a time
- Vomiting or diarrhea lasting 24 hours or more
- Vision changes, such as blurry vision, seeing spots or flashing lights, dimming vision, or sensitive to light
- Pain in your belly below your ribs
- Vaginal bleeding
- Decreased or lack of fetal movement

Suggested Learning

You can find information on these topics in the Understanding Pregnancy and Understanding Birth booklets. Please let your nurse or provider know if you have any questions. Topics that may be of interest to learn about this trimester are:

Baby Development	<ul style="list-style-type: none">• Baby development week 14 – 28
Breastfeeding	<ul style="list-style-type: none">• Benefits of breastfeeding• Starting well
Emotions and Mental Health	<ul style="list-style-type: none">• Emotional Challenges• Staying Mentally Healthy During Pregnancy• Managing Stress
Labor and Delivery	<ul style="list-style-type: none">• Prenatal classes to learn more about labor and delivery• Consider ways to handle the discomfort of labor• Stages of labor• Learn about cesarean birth• Labor and delivery options• Preparing for labor and delivery
Make Decisions	<ul style="list-style-type: none">• Choose baby’s provider• Decide about circumcision – check with insurance
Medical Care	<ul style="list-style-type: none">• Detailed ultrasound at 20 weeks• Signs of preeclampsia and other warning signs• Begin fetal movement and kick counts• RhoGAM if Rh negative blood type• Vaccines if needed
Pregnancy Discomforts	<ul style="list-style-type: none">• Common discomforts
Video Learning	<ul style="list-style-type: none">• Active Labor

