

Second trimester to-dos and don'ts

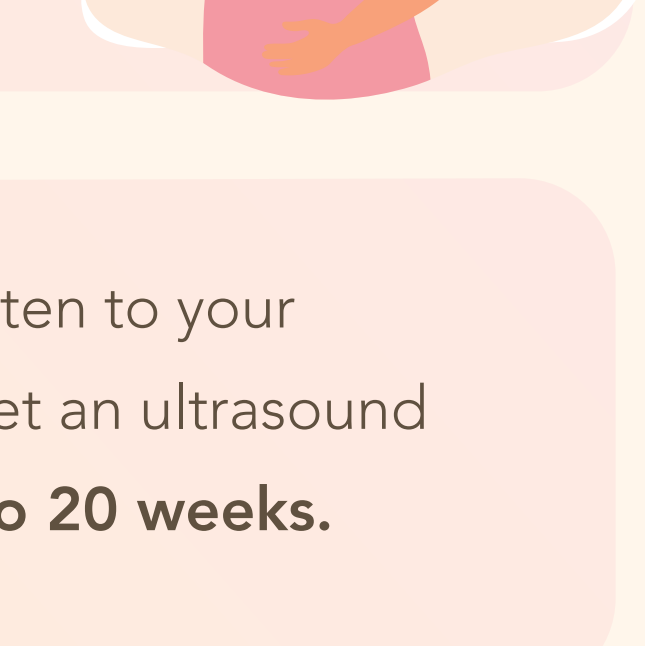
- Many women feel energized and well during their second trimester of pregnancy. **You will become visibly pregnant**, but you will not be too heavy to move around. **This is also a period of rapid growth and development for your baby**, and you may find yourself preoccupied with health checks and birth preparations.

THE DOS

Regular antenatal visits¹

- **Prenatal visits** are a vital component of staying well and ensuring the health of your baby.
- The frequency with which you see your doctor will be determined by your individual circumstances, **however many women will see their doctor every 4 to 6 weeks**.

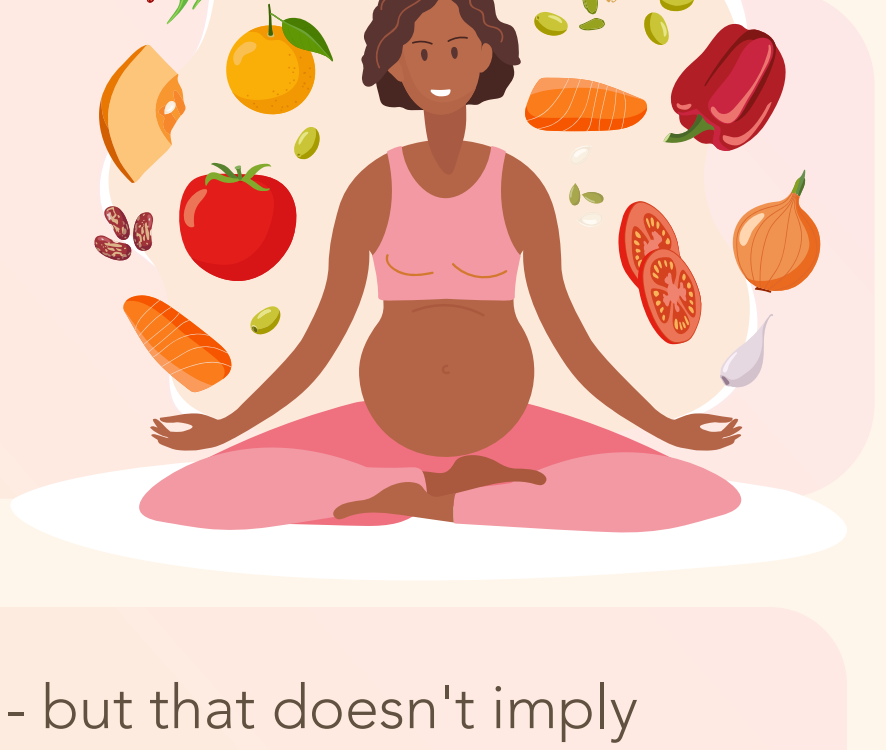
- Your blood pressure will be examined at each visit during your second trimester, as well as **the swelling in your hands and feet. You may be weighed, blood drawn for tests**, and your urine examined.
- Your doctor or midwife will examine your abdomen and listen to your baby's heartbeat to track his or her growth. If you didn't get an ultrasound during the first trimester, **you might get one around 18 to 20 weeks**.



Stay Healthy¹

- It's as vital as ever to eat well and stay active while pregnant; **it's beneficial for your physical and emotional health**, as well as your baby's.
- In your second trimester, **consider walking, swimming, yoga, and stationary cycling** as light-to-moderate activity options.

- High-affected activity and activities that put you in danger of falling, being harmed (**particularly in your stomach**), or overheating are not advised.



- It's also crucial to eat well during your pregnancy - but that doesn't imply 'eating for two.' **What you consume during pregnancy has been shown to affect your baby's growth** and health later in life.

Ease sleep problems.²

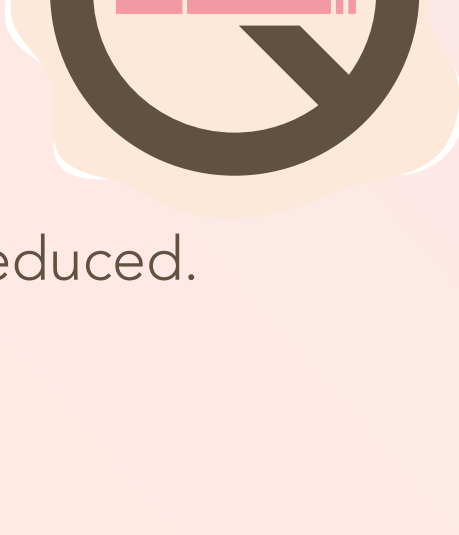
- **New challenges await you in the second trimester.**
 - Due to hormonal changes, many women experience **a clogged nose and a feeling of being stuffed up**.
 - o Nasal saline sprays can help.
 - **Leg cramps might sometimes make it difficult to sleep. Leg cramps aren't completely understood, but there are a few things you can do to help them go away, such as**
 - o stretching your calf muscles,
 - o staying active during the day,
 - o and drinking enough of water.
 - **Some women have more dreams, odd dreams, or nightmares than they would normally have. It could be related to stress, or it could be caused by inconsistency in sleep.**
 - o Try to stick to a routine and try different sleeping positions or a pregnancy pillow.
 - o If you are having disturbing dreams, talk to your partner or a friend about it, or **consider seeing a counsellor**.
 - **For the first time in their lives, some people begin to snore.**
 - o **Sleeping on your side** with your head slightly elevated can be beneficial.
 - o Maintaining a healthy diet and not gaining too much weight can also be beneficial.



THE DON'TS

Don't Smoke.³

- **It is never too late to give up.**
 - **Advantages of Quitting**
 - o When you quit, the harmful gases (such as carbon monoxide) and other chemicals will quickly leave your body.
 - **Some of the reasons to quit smoking are as follows:**
 - o You're doing what's best for your baby's health.
 - o The likelihood of having a miscarriage or stillbirth is reduced.
 - o You will reduce the possibility of cot death
 - o Your baby has a lower chance of being born prematurely or underweight.
 - o Stopping smoking will benefit your baby later in life – some children suffer from asthma and other serious illnesses as a result of their mother smoking while pregnant.



DON'T drink too much caffeine.⁴

- **You can have caffeine, but only 200mg per day is allowed.**
 - **There's:**
 - o In a mug of instant coffee, **100mg**
 - o In a mug of filter coffee, there is **140mg**.
 - o 75 mg per mug of tea (green tea can have the same amount of caffeine as regular tea)
 - o A can of cola has **40 mg** of caffeine.
 - o In a 250ml can of energy drink, there are **80mg**.
 - o A 50g bar of basic dark chocolate contains less than **25mg of caffeine**.
 - o A 50g bar of plain milk chocolate contains less than **10mg of caffeine**.



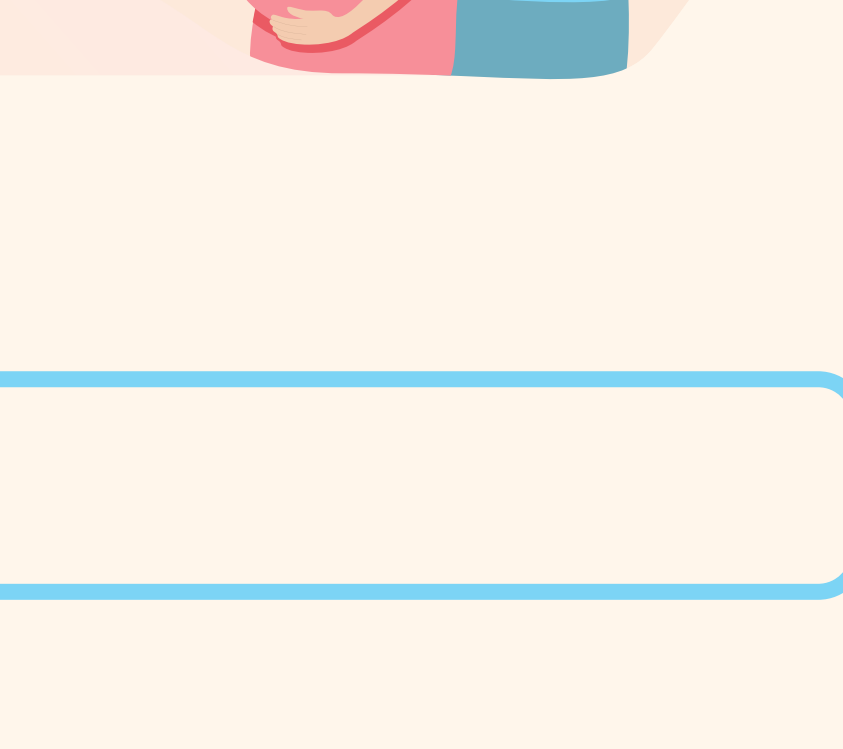
THINGS TO BE AWARE OF

- **While every woman's pregnancy is different, you should talk to your doctor if you have any of the following symptoms:**⁵
 - Abdominal pain or severe cramping
 - A fever of more than 38 degrees Celsius (100 degrees Fahrenheit)
 - Fluids or vaginal bleeding
 - Swelling that occurs suddenly or unexpectedly
 - Vaginal discharge that smells
 - Urination that hurts
 - Headaches that are severe and persistent
 - Bleeding in the vomit
 - Breathing problems
 - Palpitations in the heart



THINGS TO CONSIDER

- **Parental leave — talk to your partner first, then to your boss:**¹
 - How will you and your partner (or other family members) share the responsibility for your baby's care?
 - When do you intend to begin your vacation?
 - When do you plan to resume work?
 - When is the best time to inform your boss about your pregnancy?
 - Will your job role change once your child is born?



REFERENCES

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4. NHS. Foods to avoid in pregnancy. Page last reviewed: 16 April 2020. Available at: <https://www.nhs.uk/pregnancy/keeping-well/foods-to-avoid/> Last accessed at: 20/02/2022.

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