

OBSTETRICAL CARE PROGRAM

Family Health Team

Welcome To Your

Second Trimester 2

Information & Frequently Asked Questions

6 months



Toronto Western Hospital

University Health Network



For many women, morning sickness and fatigue get better after 12-14 weeks, and the desire for sex sometimes increases. So, the second trimester is often when women feel their best in the pregnancy. You will also feel the baby moving!

How often will I be coming to clinic?

For now, you will continue to have a regular appointment once a month. You will most likely have at least one ultrasound appointment. If your blood type is "Rh negative", you will also have an extra appointment for an injection of Rhogam.

What special tests are done during this trimester?

ANATOMY ULTRASOUND

You will have an ultrasound scheduled between **18-20 weeks** to look at the baby from head to toe. This will usually be done at the Ontario Power Building at 700 University Avenue, and may take **up to an hour**. Many parents welcome an ultrasound as a way to get a first look at this new member of their family. Depending on the baby's position, the ultrasound may show whether the baby is a boy or a girl. You may purchase a photo of the ultrasound for \$5.00.

GLUCOSE ('SUGAR') TEST

This test takes place sometime between 24-28 weeks (at the end of the second trimester). It is to check if you might be at risk for 'gestational diabetes', also known as diabetes of pregnancy.

We will schedule the test in the computer, and remind you when to go and get it done. They will ask you to drink a sweet orange beverage, and then 1 hour later will check your blood sugar with a simple blood test. **You do not have to fast before this test.**

OTHER TESTS

These are done **at the same time as your glucose test**, so you should not need an extra visit. Your blood levels and type may be re-checked, and we will test your urine for infection.

I am starting to have aches and pains. Help!

BACKACHE

Backache is the most common ache women experience during pregnancy. Be sure to:

- **Practice good posture.**
- **Sit and stand with care.** Sit with your feet elevated. Chairs should support your lower back. Change position often, and avoid standing for long periods of time. If you must stand, rest one foot on a low step stool.
- **Sleep on your side or stomach**, not your back. Use a firm mattress and a body pillow.
- **Lift properly.** When lifting anything, squat down and lift with your legs.
- **Wear flat, comfortable shoes with good arch support.**
- **Try heat, cold or a massage.** Use a heating pad, soak in a warm tub or aim the hot water at your back in the shower. Consider pregnancy massage.

- **Stay fit.** Regular exercise can keep your back strong and may actually relieve back pain. Talk to us before starting a new program.
- **Try pelvic tilt exercises.** Ask us about these.

GROIN PAIN

Groin pain occurs because your uterus pushes to one side, stretching the ligaments on the other side. This is called **round ligament syndrome**.

- **Rest frequently.**
- **Sit or lie on the side that hurts.**
- If you have a sudden spasm, pull up your leg on the painful side or lie down on the painful side with your legs drawn up.

Acetaminophen (Tylenol®) is safe to use during pregnancy, but other pain relievers may not be safe. Please consult us before using other pain relievers.

Registering for prenatal classes

Many new parents find that prenatal classes can help calm their worries, answer their questions, and prepare them for many aspects of childbirth. If you feel that you are well prepared, then prenatal classes may just be a way to meet women and partners who can relate to what you're going through.

It is important that if you wish to register for prenatal classes at **Mount Sinai Hospital** that you do so as soon as possible - usually **early in the 2nd trimester**. To browse through the different classes and check availability, visit:

<http://www.mountsinai.on.ca/care/prenatal-education-program/prenatal-classes>
or call **416-586-4800 ext. 2307** and your call will be returned within 3-5 days.

Toronto Public Health also offers a free program called "Healthy Babies Healthy Children" that can provide you with advice and support. Call **416-338-7600**.

Now that I'm pregnant, do I have to change my habits?

ACTIVITIES

As your sense of balance changes, you should avoid any activity that puts you at risk for falling. This may include **waterskiing, rock climbing, horseback riding, snowboarding, downhill skiing and surfing**. Contact sports where there is a risk of you being hit in the belly such as **squash, kickboxing and judo** are also best avoided.

Scuba diving can be very dangerous for you and your baby, since air bubbles can form in your bloodstream as you surface. Activities that take you to high altitudes such as **skydiving, hot air ballooning and mountaineering** may be dangerous because of the change in oxygen levels. **Waterslides** and **amusement park rides** involve forceful landings, sudden speeding up and/or slowing down that could harm your baby.

Some studies show that raising your temperature during pregnancy can increase the risk of birth defects or premature labour; so it is best to avoid **saunas** and **hot tubs**.