

Second Trimester Action Plan

Name: _____

Obstetrical Provider's

Name: _____

Clinical Case Manager's

Name: _____

Counselor/Social Worker's

Name: _____

Phone Number: _____

Phone Number: _____

Phone Number: _____

What your baby is doing (Weeks 14-26):

This is the time when your baby continues to grow its major organ systems. Between weeks 16-20, you may feel him or her move for the first time and may be able to find out your baby's gender, if desired. Your baby will begin to hear and even grow fingerprints and hair this trimester. By about 22 weeks of growth, your baby is probably about the size of a coconut and weighs around 1 pound. With so many changes happening, this time is critical for your baby's growth and development. Below are some things we would like to help you with during this important time.

Things to do for your pregnancy:

- Keep all OB provider appointments, generally at least once a month
- Have a growth and anatomy ultrasound, usually around 20 weeks
- Have blood drawn to screen for gestational diabetes (high blood sugars in pregnancy) and anemia (low blood counts)
- Get a Tdap vaccine to protect your baby from whooping cough after he or she is born
- Get a flu shot to protect you and your baby from influenza
- Sign up for Child Birth Education courses
- Know the signs of preterm labor and call your provider if you have them!



18 weeks gestation

****Reasons to Call Your Provider in the Second Trimester****

- Vaginal bleeding
- Sudden, new swelling of face, hands, or feet
- Changes in your vision
- Headaches
- Decreased movement of your baby after 22 weeks
- Symptoms of a Urinary Tract Infection (UTI): burning with urination, difficulty emptying your bladder, sudden increased need to urinate
- Persistent nausea or vomiting

****Signs of preterm labor****

- *Contractions every 10 minutes or more often
- *Change in vaginal discharge – amount or type (watery, mucus or bloody)
- *Pelvic pressure or low, dull backache
- *Cramps that feel like your period
- *Abdominal cramps with or without diarrhea

Focus on Health

Eat a mix of healthy foods throughout the day, including 2 – 2 ½ cups of fruits, 3 - 3 ½ cups of vegetables, 3 cups of low fat dairy products, 6 - 10 ounces of grains, 6 - 7 ounces of lean protein (like chicken or fish) and at least one food that is a good source of iron (such as dried fruits, dried beans or an egg yolk).

DO NOT eat shark, swordfish, mackerel, white snapper or tilefish during pregnancy and limit white tuna to 6 ounces a week because of high mercury levels. Eat at least 8, and up to 12, ounces of a variety of seafood each week from choices that are lower in mercury.

Continue to take your prenatal vitamin daily, as well as any iron supplement that your provider orders for you.

Drink 10 glasses of unsweetened beverages a day, mostly water.

Brush and floss your teeth daily. Have regular cleanings and treat any problems.

30 minutes of activity a day is recommended in pregnancy, such as walking, swimming, or biking. Your plan is to:

Consider how you wish to feed your baby after he or she arrives and attend a breastfeeding class if desired.

My Action

GOAL: Something I WANT to do (Example: cut back on how many cigarettes I smoke a day, walk 30 minutes a day, take a prenatal vitamin daily, attend all doctor's appointments, etc.)

ACTION: A specific activity that you are going to do in the next 1-2 weeks. (Example: I will smoke 1-2 fewer cigarettes a day for the next 2 weeks.)

What will you do to (the behavior):

How much will you do (time, distance, or amount of activity):

When will you do it (time of day):

How often will you do it (number of days per week):

How important is it to you that you complete the action plan you made above? (please circle your response)

Not at all important 1 2 3 4 5 6 7 8 9 10 Totally important

How confident are you that you will successfully complete the action plan you made above? (please circle your response)

Not at all important 1 2 3 4 5 6 7 8 9 10 Totally important

Things that might make it hard:

Ways I might overcome these problems:

Follow-up (phone, email, or meeting and date/time):