

# TRIMESTERS OF PREGNANCY



## Changes in the Pregnant Body



- Period stops.
- Breast growth/tenderness
- Frequent urination
- Fatigue
- Nausea/vomiting
- Food cravings and/or aversions
- Heartburn/indigestion
- Constipation
- Weight loss or gain



- Improved energy level
- Increased appetite
- Nausea/vomiting usually improve.
- Visible abdominal growth
- Round ligament pain due to rapid growth of uterus
- Tight, itchy skin over abdomen
- Feet and ankles may swell.
- Leg cramps common
- Palpable fetal movement



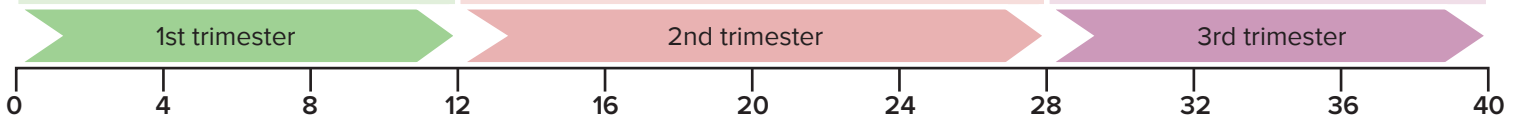
- Shortness of breath
- Frequent urination due to pressure on bladder
- Hemorrhoids
- Braxton-Hicks contractions
- Back, pubic symphysis pain
- Colostrum may leak from nipples.
- Fatigue often returns.
- Sleep difficulties

## Symptom Relief Recommendations

- Slow down, rest as able.
- Supportive bra
- Small, frequent meals
- Nausea medication, as needed
- Avoid heartburn triggers.
- Increase fluid, fiber intake.

- Good posture/body mechanics
- Slow position changes, heating pad for round ligament pain
- Skin moisturizer, "belly butter"
- Magnesium supplement for leg cramps
- Stay active; swimming, prenatal yoga

- Rest as able, accept help.
- Maintain hydration, fiber intake.
- Body pillow for sleep
- Massage, chiropractor, pregnancy support belt
- Educate on Braxton-Hicks vs labor contractions, birth preparation



## Changes in the Developing Embryo/Fetus



- Implantation of fertilized egg
- Embryo; weeks 5–10
- Development of brain, spine
- All organ systems form.
- Limbs and digits develop.
- Fetus starting at 11 weeks
- Breathing and swallowing movements



- Organ systems continue to develop.
- Bones hardening, skin thickening
- Fine hair covers the skin.
- Fetus can hear sounds.
- Movements more coordinated
- Lungs begin to make surfactant.
- Increased body fat
- Fingerprints and footprints form.



- Organ development complete
- Gaining weight rapidly
- Rapid brain development
- Bone marrow makes RBCs.
- Eyes open/close, sense light.
- Lungs continue to develop.
- Head-down position for birth

## NOTES

