



Second Trimester Checklist 13 to 28 weeks

- Glucola Drink (24-28 weeks, blood test)
- Tdap (Tetanus Diphtheria Pertussis (27-36 weeks)
- Flu Vaccine (Done in October: yearly vaccination)
- Rhogam (For patients with Rh negative blood type)
- Prenatal Classes
- Quad Screen/CF (Cystic Fibrosis) (15-22 weeks)
***If you do not have a family history of genetic abnormalities, this test may not be covered under your insurance**
- Anatomic Ultrasound (19-22 weeks)
- Questions for your provider

Common Concerns

Round Ligament Pain

~During this time, your ligaments are stretching as the uterus grows in size. This can feel like a pulled muscle in either one side or both sides. More rest and mild heat may help. Usually, the pain is intermittent and lasts no more than a few minutes per episode.

Baby Movements

~You will usually feel your baby move by 20 weeks. You might not feel the baby move every day during this part of your pregnancy.

Vasovagal Response

~As your uterus grows, the veins in your legs can become compressed and blood has a tendency to pool if you stand for long periods of time. This can result in dizziness and sometimes fainting. These symptoms may be resolved by wearing support stockings or even doing calf exercises. Please inform your provider at your appointment if you experience these symptoms.

Medications Safe in Pregnancy

If you are **past 12 weeks of pregnancy** and having any of the following symptoms, you may **sparingly** take the recommended medications:

Nasal Congestion (associated with a cold):

- Sudafed
- Tavist (low drowsiness, avoid long term use)
- Benadryl (helps you sleep, avoid long term use)
- Saline Nasal Spray
- Tylenol Cold Medicine

Headaches and Fever:

- Tylenol (325 mg) or acetaminophen (**NO ASPIRIN OR IBUPROFEN UNLESS APPROVED BY YOUR PROVIDER**)
- Caffeine may help in small doses

Cough:

- Robitussin DM Cough Syrup

Sore Throat:

- Over the counter throat lozenges
- Try gargling with salt water

Flu:

- Tylenol Cold for aches, fever and headaches

Nausea:

- Vitamin B-6, 25 mg. Take ½ tablet every 8 hours or three times a day as needed.
- Unisom 25 mg, Take ½ tablet (12.5 mg) at bedtime as needed.

Diarrhea:

- Imodium
- Call or send a portal message if it lasts for more than 3 days and make sure to drink lots of fluids (Remember: In pregnancy you need to drink 3 liters of water a day)

Heartburn:

- Tums
- Maalox
- Mylanta
- Prilosec (over the counter)

Allergies:

- Claritin (over the counter)
- Benadryl

Sleep Aid:

- Tylenol PM
- Benadryl
- Unisom

Hemorrhoids:

- Preparation H

Constipation:

- Increase fiber and fluid intake
- Colace 50 mg (stool softener)
- Prune Juice
- If constipation continues, please call or send portal message

Always avoid any medication with ibuprofen in pregnancy unless it has been approved by your provider. If you have any questions regarding other medications and how safe they are in pregnancy, you should discuss it with your provider.

Classes at Kootenai Health

Prepared Childbirth \$40

This four week course (total of 8 hours) prepares mother-to-be and her support team for the delivery experience. A major focus of this class is education and practice of breathing and relaxation techniques. Other topics covered in Prepared Childbirth include pain management strategies, fetal monitoring, stages of labor, cesarean delivery and possible complications. For registration information call (208) 625-6050.

Breastfeeding Basics \$15

Learn how to initiate breastfeeding with early skin to skin contact, how to support your milk supply and how to deal with common struggles and myths. For more information on breastfeeding, visit our Lactation Services page. For registration information call (208) 625-6050.

Bringing Baby Home \$15

Home newborn care is the main focus of Bringing Baby Home. This 3 hour evening course helps parents learn about your baby's basic needs and provides information on the postpartum stay, care of the mother, coping with a fussy baby, infant health and safety and feeding. For registration information call (208) 625-6050.

Free Car Seat Inspections

Call (208) 625-6050 to schedule an appointment.