



## **Second Trimester Checklist**

**14 to 27 weeks 6 days**

- Glucola Drink (24-28 weeks, blood test)
- Tdap (Tetanus Diphtheria Pertussis (27-36 weeks)
- Flu Vaccine (Recommended yearly starting in October)
- 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):

**Only take for 3 days, if symptoms last longer consult your doctor.**

- Sudafed PE
- Tavist (low drowsiness, avoid long term use)
- Benadryl (helps you sleep, avoid long term use)
- Tylenol Cold and Head Congestion Severe
- Mucinex Fast Max Severe Congestion and Cough
- Saline Nasal Spray

### Headaches and Fever:

- Tylenol (325 mg) or acetaminophen (**NO ASPIRIN OR IBUPROFEN UNLESS APPROVED BY YOUR PROVIDER**)
- Caffeine may help in small doses <200 mg

### Cough:

- Robitussin DM Cough Syrup
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- Mucinex DM (**not maximum strength**)

### Sore Throat:

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

### Flu:

- Tylenol Cold for aches, fever and headaches

### Diarrhea:

- Imodium- Only if needed, try to let the diarrhea run its course. Contact our office if you have questions on this.
- 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 the suggested amount of water a day, based on your pre-pregnancy weight calculations)

### Nausea:

- Vitamin B-6, 25 mg. Take ½ tablet every 6 hours or four times a day as needed.

- Unisom 25 mg, Take ½ tablet (12.5 mg) every 6 hours or at bedtime. (may make you very sleepy)

**Heartburn:**

- Tums/Roloids
- Maalox
- Mylanta
- Pepcid
- Prilosec (over the counter)
- \*Avoid PeptoBismol\*

**Allergies:**

- Claritin (over the counter)
- Benadryl
- Zyrtec

**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.**

**~In general, you want to only take medication for the symptoms you are experiencing. Avoid cold and flu combinations that cover a lot. For example, if you are having sinus congestion, try to only take medication related to this.**

# Classes at Kootenai Health

## **Prenatal Classes**

Kootenai Health offers prenatal education courses to help soon-to-be parents prepare for their little one. Learn more or to register: Call 208-625-6806 or visit

<https://www.signupgenius.com/go/10C0944ADAD23A2FBC61-family>

## **Labor of Love Childbirth Education-**

Classes only have 12 available openings and fill up fast so schedule as early as you can. To register call 208-625-6806 or visit

<https://www.signupgenius.com/go/10C0944ADAD23A2FBC61-family>

## **Baby Talk (Caring for Your Newborn)-**

Third Tuesday of each month 5:30-8 pm

To register call 208-625-6806 or visit

<https://www.signupgenius.com/go/10C0944ADAD23A2FBC61-family>

## **Breastfeeding Success-**

First Wednesday of each month, 6-8 pm

To register call (208)625-6806 or visit

<https://www.signupgenius.com/go/10C0944ADAD23A2FBC61-family>

## **Mommy and Me Social Hour**

Every Tuesday 11- noon

Family Birth Center Lobby, Kootenai Health **(208)625-6806**