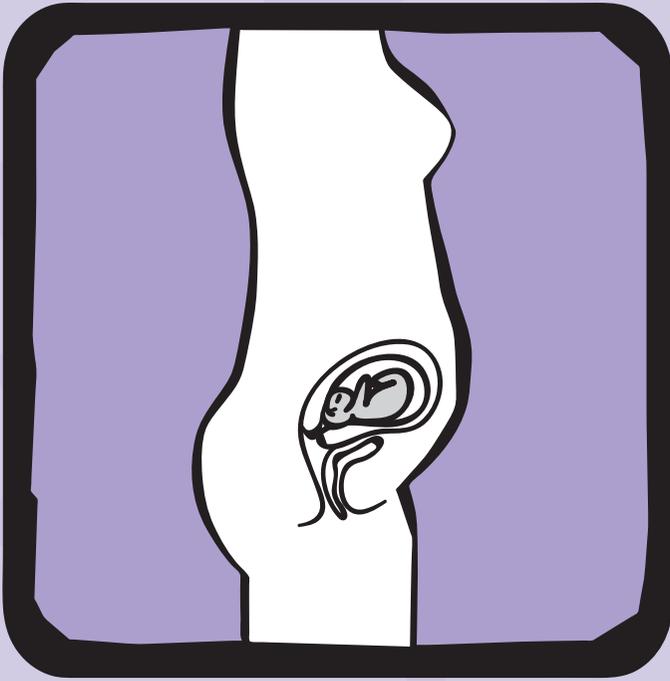


# 16–20 Week Visit Prenatal Information Sheet



Goal: Work toward a more comfortable  
and safer pregnancy



# Prenatal Information Sheet: 16–20 Week Visit

*Goal: Work toward a more comfortable and safer pregnancy*

## Your baby's growth

- Your baby (fetus) is now about 4.4 to 5.5 inches long and may weigh about 4 ounces.
- Fine hair, called “lanugo,” is growing on your baby’s head and is starting to cover the body. Fingernails are well-formed.
- The arms and legs are moving and you may start feeling this movement. This movement is called “quickening.” You may not feel movement everyday at this point, but the movements will become stronger and more frequent as your pregnancy progresses.



**Your baby's growth**

## Your body's changes

- Your uterus is about the size of a cantaloupe.
- Your center of gravity changes as your uterus grows. This change may affect your balance and your ability to move.
- There is an increase in the mobility of your joints that can affect your posture and cause discomfort in your lower back. As your uterus grows, the round ligaments supporting the uterus can stretch and pull. This ligament pain feels like a sharp pulling sensation on either or both sides of the lower abdomen.
- You may have difficulty sleeping.
- You may have some head stiffness or frequent nose bleeds. These symptoms may occur because of changes in your circulatory system due to hormonal changes.
- Constipation may be a problem. Refer to Common Discomforts & Annoyances of Pregnancy in the Resource Section for things you can do.
- You may notice a whitish vaginal discharge.
- You may feel Braxton-Hicks contractions that are usually painless, irregular uterine contractions or tightening of the uterus beginning as early as your sixth week of pregnancy.
- Most women, especially in their first pregnancy, will not feel Braxton-Hicks contractions until after 20 weeks.



**Your body's changes**



### Your family's changes

## Your family's changes

- Open communication is important to developing a strong relationship that will be the foundation for your family. This is especially important if military operations or transitions require family separation.
- Now is the time to begin discussing birth control with your partner and healthcare provider. There are many effective birth control options available for you after baby's birth.
- Keep in mind that breastfeeding alone may not prevent a pregnancy. Many birth control methods can be used safely while breastfeeding if you want to prevent/delay another pregnancy.



### Thoughts & Feelings

### Thoughts & feelings

## Your thoughts and feelings

- You may still feel somewhat emotional at times. This will likely continue through your pregnancy as you and your partner prepare for changes now and after baby arrives. You will likely feel more rested which will help you be more positive. As much as you are excited about planning for your baby's birth, you may be worried about how you will adjust to motherhood, labor and delivery, expenses, work and the changes that are coming.
- Pregnant women deal with many changes. Hormone changes and weight gain may make you more likely to become frustrated with yourself and others. Physical discomforts such as not sleeping well, pain, nausea or heartburn may add to your frustration.
- Discuss your feelings with someone you trust and your healthcare provider especially if you have been sad or depressed.
- Consider taking time to talk to your mother or mothers who you admire to help you identify important characteristics of a mother.



### Signs to report immediately

## Signs to report immediately

- When in doubt, call the clinic, your healthcare provider or Labor and Delivery!
- Bright red vaginal bleeding
- Gush of fluid from the vagina
- Severe nausea and vomiting
  - Inability to keep fluids down
  - You are producing only a small amount of dark urine or no urine at all.
- Fever at or over 100.4° F or 38° C

	<p><b>Today's visit</b></p> <ul style="list-style-type: none"> <li>• We will measure your uterine growth, blood pressure, weight, listen to baby's heart rate, and discuss any concerns/questions you may have.</li> <li>• If you have chosen to undergo screening for birth defects, your provider will review any test results. Your chosen strategy may necessitate that additional blood be drawn or an ultrasound be arranged after this visit.</li> <li>• Your provider will discuss with you the risks, benefits, and indications for an obstetrical ultrasound. If an ultrasound is indicated, it will be ordered but not usually done during this visit.</li> <li>• Discuss how to identify differences in preterm labor versus false labor.</li> </ul>	 <p><b>Today's visit</b></p>
<p>My weight:</p> <hr/> <p>Total weight change:</p> <hr/>	<p><b>Your weight</b></p> <ul style="list-style-type: none"> <li>• The usual weight gain is approximately one pound a week during the rest of the pregnancy.</li> <li>• Water contributes to 62% of the weight gain, fat is about 30% and protein is about 8%.</li> <li>• Slow and steady weight gain is best.</li> <li>• Use your chart to monitor your rate of weight gain. Follow the recommendations your provider made at your first visit.</li> <li>• No amount of alcohol is safe for your baby.</li> </ul>	 <p><b>Your weight</b></p>
<p>Reference: Prenatal Fitness and Exercise</p>	<p><b>Your exercise routine</b></p> <ul style="list-style-type: none"> <li>• Stay off your back while exercising from now on.</li> <li>• Mental, emotional and social benefits of exercise include: <ul style="list-style-type: none"> <li>– Helping to prevent depression</li> <li>– Promoting relaxation and restful sleep</li> <li>– Encouraging concentration and improving problem solving</li> <li>– Helping prepare for childbirth and parenting</li> <li>– Helping prevent excess weight gain</li> <li>– Improving self-esteem and well being</li> </ul> </li> </ul>	 <p><b>Your exercise</b></p>



Consider breastfeeding

### Breastfeeding - a great start

- Some advantages to baby include:
  - Easier digestion of breast milk
  - No allergy problems to breast milk
  - Less likely to cause overweight babies
  - Less constipation for baby
  - Easier on baby’s kidneys
  - Fewer illnesses in the first year of life
  - Less SIDS (Sudden Infant Death Syndrome)
  - Close infant contact with mom



Fetal heart rate

### Fetal heart rate

- Usually your baby’s heartbeat is easier to locate and hear at this time in your pregnancy.

Fetal heart rate:

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Fundal height

### Uterine size/Fundal height

- At 16 weeks, your uterus is usually midway between the belly button and the pubic bone or 16 cm above the pubic bone.
- The fundal height is the distance between the pubic bone and the top of the uterus.
- Beginning at 20 weeks, the fundal height in centimeters will be about equal to the number of weeks you are pregnant.

Fundal height:

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Maternal Serum Analyte Screen

### Screening for birth defects

- After counseling with your provider you will make the decision about which other test, if any, should be scheduled to assess for risk of birth defects. See Genetic Screening in Resource Section.



Your blood pressure

### Your blood pressure

- Blood pressure is measured at every prenatal visit. High blood pressure can cause serious complications for baby and mother if left unchecked.

My BP:

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## Ultrasound



Ultrasound

- If an ultrasound is indicated, it will be ordered but not usually performed at this visit.
- An obstetrical ultrasound exam uses sound waves to “see” your baby in the womb. This exam provides information about your baby’s health and well being.
- Indications for ultrasound evaluation include the following: known or suspected complications of pregnancy, screening for possible fetal birth defects, pregnancy dating, or evaluation of fetal growth and well being.
- The result of an ultrasound can be exciting and reassuring, or it can detect abnormalities in your pregnancy that are not anticipated. Ultrasound exams provide much information about your pregnancy, but cannot detect all birth defects. An ultrasound provides information about your baby’s health and well being inside the womb such as:
  - Gestational age and size
  - The number of babies
  - Rate of growth
  - Placenta position
  - Baby’s heart rate
  - Amount of amniotic fluid
  - Some birth defects
  - Gender, if readily visible

NOTE: Gender identification is not 100% accurate nor is it usually medically necessary. It is not routinely noted in the ultrasound report. Lengthy or repeated ultrasound exams, just to assess gender, are not indicated.

- We receive many questions about 3D/4D ultrasounds for entertainment or curiosity. The American College of OB/GYN and the Food and Drug Administration do not support this technology for these purposes. Ultrasound use, when medically indicated, has not been shown to produce any harm. If there is a medical indication for 3D/4D ultrasound, your provider will perform or order the procedure.
- Typically a trained technician will perform the ultrasound exams. The technician is not authorized to discuss the findings with you at the time of your exam. Your provider will discuss the result of this exam with you after this visit.
- On the day of your ultrasound, wear clothes that allow your abdomen to be exposed easily.



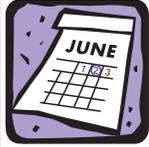
Summary of visit

### Summary of visit

Due date: \_\_\_\_\_ Date of next visit: \_\_\_\_\_

Date for lab work/other medical tests: \_\_\_\_\_

Date for any other scheduled appointments: \_\_\_\_\_



Your next visit

### Your next visit

At your 24 week visit we will:

- Measure your uterine growth, blood pressure, weight, listen to your baby's heart rate, and discuss any concerns/questions you may have.
- Discuss signs and symptoms of preterm labor.
- Discuss the importance of the test for gestational diabetes and how this test is done at your 28 week visit.

ALWAYS BRING YOUR PURPLE BOOK AND PREGNANCY PASSPORT TO EVERY VISIT

### What do you feel is the role of a mother?

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### What concerns do you have about becoming a mother?

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### Things I will need to know to breastfeed:

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### Questions for my next visit:

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