

WHAT TO EXPECT IN PREGNANCY: The Trimesters

Every pregnancy is different for every woman. Listed below are common complaints experienced during pregnancy. Women may experience all or very few of the symptoms.

FIRST TRIMESTER

- _____(sometimes you may still experience spotting)
- Tender and enlarged _____
- Darkening of nipples
- Unexpected _____(hormones!)
- Feelings of _____, _____ and _____
- _____ (so exhausted...you are making a human!)
- _____
- Frequent _____
- Morning sickness
- _____ vaginal secretions
- Lightheadedness
- _____ of breath



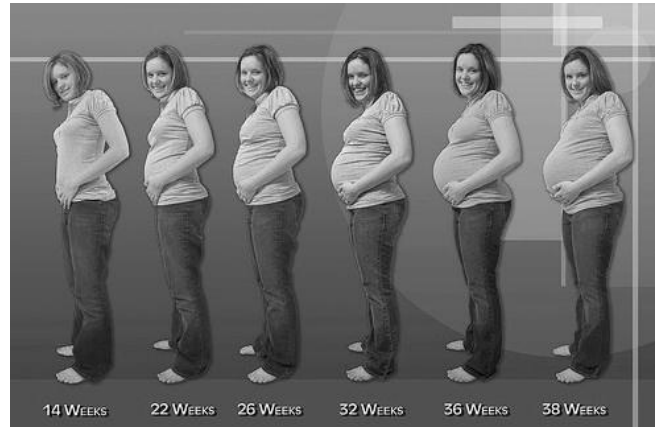
SECOND TRIMESTER

- Red _____ gums
- Less _____
- Less _____ pressure (your body has adjusted)
- Less _____
- _____ and _____ (as a result of increased blood volume)
- _____ (feeling fluttering movements by the baby)
- Emotions are more _____
- _____(adjusting to new weight)
- _____ pain (hips are preparing for birth)
- _____ legs & _____ veins
- _____ of ankles, feet, hands & face
- _____
- Changes to skin _____ (brownish “tan” on face)
- Line running from belly button to pubic area (_____)
- _____ contractions



THIRD TRIMESTER

- Striae or _____
- _____ from breasts
- _____ (it's stretching!)
- _____ fatigue & _____
of breath
- Feelings of _____
- _____ in legs
- Feeling _____
- _____
- _____
- Sudden _____
- Difficulty _____
- Improved breathing (toward end when baby shifts down – this is called _____)
- Increased need to _____ (pressure has moved down again)
- _____ in braxton hicks contractions



EXAMPLES OF COMPLICATIONS DURING PREGNANCY

GESTATIONAL DIABETES:

- Type of diabetes that almost always _____ after delivery
- Diagnosed by a routine _____ late in the second trimester of the pregnancy

PREECLAMPSIA:

- A type of high _____
- Also called _____ or pregnancy induced-hypertension
- Checked for during every visit

IMMEDIATELY REPORT

- Sudden _____, _____, _____, _____ headache

If left untreated it can cause:

- _____
- _____ or _____
- _____ damage to the mother & _____ to fetus