



## BEGINNING WELL FROM THE BELLY: SECOND TRIMESTER

Physical changes are more evident during this stage. Dizziness, nausea and fatigue that dominated in the first trimester begin to decrease. But it gives way to the increase in breast size, abdomen growth and enthusiasm for the imminent arrival of the new member to the family. At the end of the second trimester, your baby's teeth are formed, as well as his/her finger and toe nails. Also, brain synapse begins, and the baby starts to hear.



### What should you do in the Second Trimester of Pregnancy?

- Exercise during pregnancy but remember to consult it with your doctor.
- Follow-up visits with your gynecologist, once a month.
- Blood tests such as: cholesterol, triglycerides, sugar (to check for gestational diabetes), urine, among others as recommended by your doctor.
- You may see your baby through ultrasound.
- Keep yourself hydrated.
- If you have other children, talk to them and prepare them for the baby's arrival.
- Start looking for your daycare options.
- Visit your dentist.
- Sleep sideways, preferably over your left side as this improves the blood circulation to the placenta and reduces swelling.
- If you are currently working, notify your possible delivery date and get oriented on maternity leave and breastfeeding policies.
- Eat a healthy and in a balanced way.
- Avoid dangerous or risky activities.
- Use your seatbelt correctly.

### Recommended Physical Activities

Consult with your doctor before performing them.

- Walk
- Swim
- Yoga

### Importance of your Dental Hygiene

- Visit your dentist to get a dental checkup every six (6) months.
- Calcium, proteins and vitamins A, C and D help your baby's teeth grow healthy.
- Gingivitis in pregnancy if left untreated can cause periodontitis (gum disease). Some studies show a relationship between periodontitis and premature birth.

### What are the sexual positions recommended during pregnancy?

- Sideways.
- Seated, facing each other and with the man underneath.
- The woman astride over her partner, turned around.

### Signs and Symptoms of a Premature Birth

- Vaginal bleeding.

- Thick mucous discharge with blood coming from the vagina.
- The contractions become more frequent and stronger.
- Shortening and stretching of the cervix.
- Increase and changes in vaginal fluids.
- Breaking of the amniotic sac (breaks font).
- Abdominal cramps for over one hour (with or without diarrhea).
- Intense pressure in the pelvis.
- Continuous pain in the lower back.
- Feeling restless.
- Can exist increase in body temperature and shivers.
- More than five (5) contractions per hour or contractions those are regular and painful.
- Contractions that becomes longer.

#### **What should I do if I have any of the signs and symptoms of preterm birth**

- Go to bed immediately and rest on the left side for a one (1) hour.
- Drink two (2) to three (3) glasses of water.
- If the symptoms get worse or do not go away, ask your partner or family member for help to call your doctor and take you to the hospital.

#### **How can you prevent a premature birth?**

- Do not smoke, do not drink alcohol or use illegal drugs.
- Do not abuse prescription drugs.
- Eat healthy foods.
- Get vaccinated against flu.
- Control your stress.

#### **Remember**

- Exercise during pregnancy but remember to consult it with your doctor.
- Follow-up visits with your gynecologist, once a month.
- Eat healthily and in a balanced way.
- Avoid dangerous or risky activities.
- Use the seat belt correctly.

- Visit your dentist to get a dental checkup every six (6) months.

#### **Contact your Primary Care Physician**

If you are pregnant, you will be registered under the Vital Plan Special Coverage. Your primary doctor and/or your specialist can provide information about the benefits of the Special Coverage, and how you will be registered under this coverage.

People with Special Coverage can get prescription drugs, tests and other services, without needing a referral or having their primary doctor sign.

In addition, you can contact your primary physician for more information or counseling on how you and your family can cope with physical and emotional concerns during your pregnancy.

#### **Important**

If you need physical or behavioral emergency services, you can dial 9-1-1, or go to any emergency room.

If you have any symptoms that you understand require immediate attention, before visiting an emergency room, you can contact the Medical Advice Line toll-free at 1-844-347-7801, twenty-four (24) hours a day, seven (7) days of the week. TTY/TDD users should call 1-844-347-7804. By calling the Medical Advice Line before visiting an emergency room, you will be exempt from paying the copayment for services received during your visit to the emergency room.

#### **For additional information**

Customer Service Department  
1-844-347-7800  
TTY/TDD 1-844-347-7805

Visit our website  
[www.firstmedicalvital.com](http://www.firstmedicalvital.com)

#### **References**

<http://www.mibebeyyo.com/embarazo/segundo-trimestre/sexo-segundo-trimestre-embarazo-245>  
<https://nacersano.marchofdimes.org/padres/el-parto-prematuro-que-puede-hacer-papa.aspx>  
<https://medlineplus.gov/ency/patientinstructions/000486.htm>  
<https://medlineplus.gov/ency/patientinstructions/000557.htm>