



Your birth, your way!

20-24 weeks

By this time, you have had your ultrasound, you may know the sex of your baby and you are busy picking out names and decorating the nursery! Make sure that if you are painting that you keep the room well ventilated.

Exercise is safe and encouraged, however you do not want to start a rigorous workout program if you weren't doing that prior to pregnancy. A common discomfort in pregnancy is back pain. If this is the case for you make sure that you are using proper body mechanics and let us know so that we can refer you for physical therapy, or to a chiropractor to help you with the relief from back pain. You can also try using a maternity support belt or K-tape for support. You should be sleeping on your side or wedged to not be flat on your back.

What to expect between now and your next visit:

- Other people may now be able to feel your baby move. You may even be able to see the movement.
- Blood work will be drawn around 26-28 weeks gestation to test for gestational diabetes and anemia. You DO NOT need to fast for the 1-hour diabetes test. We encourage you to have nothing but water for one hour prior to arriving at this appointment.
- If you are Rh negative, you will receive a RhoGAM injection at 28 weeks.

Gestational age: _____

Today's weight: _____

Total weight gain: _____

Next appointment: _____