Pregnancy - Second Trimester

The second trimester is the period between 13 to 27 weeks of your pregnancy. It is important to follow your doctor's instructions.

HOME CARE

- **Do not** smoke.
- **Do not** drink alcohol or use drugs.
- Only take medicine the doctor tells you to take.
- Take prenatal vitamins as directed. The vitamin should contain 1 milligram of folic acid.
- Exercise.
- Eat healthy foods. Eat regular, well-balanced meals.
- You can have sex (*intercourse*) if there are no other problems with the pregnancy.
- **Do not** use hot tubs, steam rooms, or saunas.
- Wear a seat belt while driving.
- Avoid raw meat, uncooked cheese, and litter boxes and soil used by cats.
- Visit your dentist. Cleanings are okay.

GET HELP IF:

- You have any concerns or worries during your pregnancy.

GET HELP RIGHT AWAY IF:

- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Fluid is coming from the vagina.
- Blood is coming from the vagina. Light spotting is common, especially after sex (*intercourse*).
- You have a bad smelling fluid (*discharge*) coming from the vagina. The fluid changes from clear to white.
- You still feel sick to your stomach (*nauseous*).
- You throw up (*vomit*) blood.
- You loose or gain more than 2 pounds (0.9 kilograms) of weight over a weeks time, or as suggested by your doctor.
- Your face, hands, feet, or legs get puffy (*swell*).
- You get exposed to German measles and have never had them.
- You get exposed to fifth disease or chicken pox.
- You have belly (*abdominal*) pain.
- You have a bad headache that will not go away.
- You have watery poop (*diarrhea*), pain when you pee (*urinate*), or have shortness of breath.
- You start to have problems seeing (blurry or double vision).
- You fall, are in a car accident, or have any kind of trauma.
- There is mental or physical violence at home.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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