

OBSTETRIC VISIT 21 to 23 WEEKS

HOW IS MY BABY DEVELOPING?

- 22 weeks – the baby is 19 cm long and the feet measure 4 cm. The baby weighs about 460 grams or 1 pound
- The brain continues to develop, the ear lobes are forming, the glomeruli in the kidney form, fingernails continue to grow

WHEN WILL I KNOW IF I AM HAVING A BOY OR GIRL?

- Between 18 and 22 weeks we will schedule an ultrasound to look at the babies internal organs and usually we can see the gender on this ultrasound

SHOULD I WEAR MY SEATBELT?

- YES – you should wear your seatbelt throughout the entire pregnancy

HOW MUCH WEIGHT SHOULD I GAIN?

- BMI <18.5 kg/m² (underweight) — weight gain 28 to 40 lbs
- BMI 18.5 to 24.9 kg/m² (normal weight) — weight gain 25 to 35 lbs
- BMI 25.0 to 29.9 kg/m² (overweight) — weight gain 15 to 25 lbs
- BMI ≥30.0 kg/m² (obese) — weight gain 11 to 20 lbs
- BMI Calculator: <http://www.nhlbissupport.com/bmi/bminojs.htm>

HOW MANY MORE CALORIES SHOULD I EAT DURING PREGNANCY?

- In the first and second trimester you should eat an additional 340 calories per day.
- In the third trimester you should eat an additional 450 calories per day.

COMMON PROBLEMS AND SOLUTIONS

- Round ligament pain
 - These are usually sharp pains that occur on both sides of the lower abdomen.
 - They can be relieved by taking Tylenol extra strength 2 pills (1000 mg) every 6 hours by mouth as needed.
 - As the baby grows your uterus is supported by ligaments at the top of the uterus that stretch down across the lower part of your abdomen and down into the labia. Stretching on this ligament causes round ligament pain.
- Constipation
 - Occurs because increased progesterone in pregnancy slows down the bowels
 - Can be initially treated with increase in exercise, fiber, and water intake
 - If these don't work Miralax one dose daily can help