

Second Trimester Information

The second trimester is said to be the most comfortable time during your pregnancy and is actually when expecting parents can relax and enjoy being expecting parents. We are here to ensure that your second trimester goes by as smoothly as possible. With that being said, we have provided you this packet of important information to assist you in your second trimester. At the end of this packet you will have a deeper understanding of the voluntary and required things that are needed during this time of your pregnancy, as well as viable information on your benefits and responsibility as a FABEN patient.

Bleeding

If you are spotting, please call us during regular office hours. Be reassured that spotting can be particularly common after any vaginal exam, vaginal ultrasound or intercourse. If you are bleeding more than a period and have severe lower abdominal pain, please call us immediately. You should abstain from intercourse until the bleeding has stopped.

Prenatal Vitamins

You should be taking prenatal vitamins throughout your pregnancy and postpartum period. If you experience significant nausea, you can try taking a children's multi-vitamin, however, it is acceptable to temporarily discontinue vitamin use. You may also try taking your prenatal vitamin at night to reduce associated nausea.

Medications

Refer to the over the counter medications list we sent you for your first appointment.

Exercise

The recommendation is to maintain a heart rate of no greater than 130 beats per minute. Use moderation and don't exercise to the point of fatigue.

Check with your doctor if you are presently involved in an exercise program. Most exercises are fine to continue in pregnancy.

You should not begin a new exercise program or diet in pregnancy.

Intercourse

Intercourse is acceptable anytime during pregnancy, unless otherwise indicated by your doctor.

Constipation

Constipation is a common problem in pregnancy. Drink plenty of fluids and eat meals high in fiber, such as fruits, whole grains and vegetables. As previously stated, please contact your doctor prior to any drug use.