

TRIMISTER 2

SECOND TRIMISTER OR TRIMISTER 2

Second Trimester (Week 14–27)

The second trimester is often considered the **most comfortable phase of pregnancy**. Many early symptoms reduce, energy levels improve, and the pregnancy becomes more noticeable.

1. Common Physical Changes & Symptoms

During the second trimester, many women experience physical and emotional stabilization.

Common & Normal Symptoms

- ✓ Reduced nausea and vomiting
 - ✓ Increased energy levels
 - ✓ Visible baby bump
 - ✓ Breast growth
 - ✓ Mild back pain
 - ✓ Stretch marks
 - ✓ Skin changes (darkening of nipples, line on abdomen – linea nigra)
 - ✓ Fetal movements (quickenings), usually felt around weeks 18–22
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⚠️ 2. Second Trimester Risks & Health Concerns

While generally safer than the first trimester, some health risks may occur.

Possible Health Problems

1. *Gestational Diabetes*

- High blood sugar that develops during pregnancy
- Usually screened between weeks 24–28

2. *Anemia*

- Caused by low iron levels
- Can lead to fatigue and weakness

3. High Blood Pressure

- May increase risk of complications later
- Regular monitoring is important

4. Preterm Labor Signs (Early Warning)

- Persistent abdominal cramps
 - Lower back pain
 - Increased vaginal discharge
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3. Nutrition & Diet (Second Trimester)

Nutritional needs increase as the baby grows rapidly.

Important Nutrients

Iron

- Prevents anemia
- Supports oxygen supply

Calcium

- Essential for fetal bone and teeth development

Omega-3 Fatty Acids

- Supports brain and nervous system development

Protein

- Important for growth of fetal tissues and organs

Fiber

- Helps prevent constipation
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4. Recommended Foods

- ✓ Dairy products (milk, yogurt, cheese – pasteurized)
 - ✓ Whole grains
 - ✓ Lean meats and legumes
 - ✓ Fruits and vegetables
 - ✓ Nuts and seeds
 - ✓ Fish low in mercury
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5. Foods & Habits to Avoid

- ✗ Alcohol
 - ✗ Smoking
 - ✗ Raw or undercooked foods
 - ✗ Excess caffeine
 - ✗ High-mercury fish
 - ✗ Unprescribed supplements or medicines
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6. Precautions & Healthy Habits

✓ Physical Activity

- Light to moderate exercise (walking, prenatal yoga)
- Avoid heavy lifting or contact sports

✓ Posture & Comfort

- Maintain good posture to reduce back pain
- Sleep on the side (preferably left)

✓ Prenatal Care

- Regular check-ups
 - Ultrasound scan usually done around week 18–22
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7. Medical Monitoring in Trimester 2

Common checks include:

- ✓ Blood pressure monitoring
 - ✓ Blood sugar testing
 - ✓ Hemoglobin (iron levels)
 - ✓ Fetal growth and heartbeat
 - ✓ Anatomy scan (to assess fetal development)
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8. When to Seek Medical Attention

Contact a healthcare provider if you experience:

- ! Vaginal bleeding
 - ! Severe abdominal pain
 - ! Sudden swelling of hands/face
 - ! Severe headaches or vision changes
 - ! Reduced fetal movement after it has started
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9. Emotional & Mental Health

Hormonal balance improves for many women, but emotional changes may still occur.

Helpful practices include:

- ✓ Adequate rest
- ✓ Stress management
- ✓ Emotional support from family

10. Quick Summary Table

Category Key Points

Trimester Weeks 14–27

Energy Levels Usually increase

Key Risks Gestational diabetes, anemia

Nutrition Focus Iron, calcium, protein

Fetal Development Rapid growth, movement felt

Key Tests Anatomy scan, glucose test