

# THE 16 WEEK VISIT

Women that receive prenatal care early and often have healthier babies.

Antepartum care is a comprehensive program of medical care and support that starts with pregnancy and continues through the postpartum period.

## VISIT COMPONENTS

- assessed well-being of mama/baby
- addressed concerns and questions
- reviewed new symptoms
- physical exam
- reviewed genetic screening, lab and ultrasound results
- reviewed pertinent education
- offered reassurances
- reviewed warnings signs and where to seek care after hours



## MY EXAM

- blood pressure \_\_\_\_\_
- weight gain \_\_\_\_\_
- fundal height \_\_\_\_\_
- baby's heart rate \_\_\_\_\_

## FETAL MOVEMENT

- Most women feel the baby's first movements between 18 to 20 weeks.
- A baby's movements change based on how active or not active the baby is.
- A baby sleeps during the day and night time. Usually sleep periods last short periods of 20 to 40 minutes.
- You will be less aware of your baby's movements when you are active or sleeping.
- Sometimes an anterior placenta or the baby's position affect how you feel your baby move.
- There is no specific number of movements - it is most important for mothers to be aware of their baby's patterns of sleep or movement ([RCOG, 2019](#)).

## ROUND LIGAMENT PAIN

- Round ligament pain is common in pregnancy and usually starts at 14 to 16 weeks.
- The round ligament connects the uterus to the groin.
- Walking and changing position (rolling over in bed, moving from sitting to standing) are common causes of ligament pain.
- For relief, [try these yoga poses](#): cat-cow, pelvic tilt, and savasana.
- For additional relief, try a heating pad, warm bath, pregnancy support belt and rest.
- For persistent pain, consider asking your provider about a physical therapy consult ([Bloom Obstetrics & Gynecology, 2021](#)).

## CONSTIPATION

- Constipation is defined as <3 bowel movements in a week and affects 1 in 3 women.
- Constipation is caused by diet, pelvic floor dysfunction, medications, lifestyle choices and other bowel disorders.
- Increasing fiber, daily water intake, and exercise are recommended as the first interventions. Try an over the counter fiber supplement such as Metamucil.
- If constipation continues, review your medications with your provider - some medications can cause constipation.
- Physical therapy for your pelvic floor is also helpful for persistent problems with constipation ([ACNM, 2009](#); [American Urogynecologic Society, 2016](#)).

## WEIGHT GAIN AND NUTRITION

- Too much weight gain in pregnancy increases...
  - Your risk of diabetes and high blood pressure during your pregnancy
  - The chance your baby weighs more (macrosomia)
  - Your risk of needing a cesarean section because of the baby's size
  - The chances that your baby is overweight as a child
- Weight loss and dieting is not recommended in pregnancy
- Healthy weight gain is best accomplished with daily exercise and eating a healthy diet; together, these can reduce your risk of excessive weight gain by 20% ([ACNM, 2018](#); [March of Dimes, 2018](#); [Muktabhant et al., 2015](#))

## MENTAL HEALTH

- 1 in 5 women experience depression during pregnancy or postpartum.**
- Are you at risk for perinatal mood disorders? Review [this tool](#) and bring any concerns to your provider ([Postpartum Support International, 2021](#)).
- Healing occurs through a variety of interventions - counseling, support groups, medication, and self care. Consider joining a support group [online](#) with Postpartum Support International.
- Unsure if you have signs of anxiety or depression? [Review signs of depression here](#). [Review signs of anxiety here](#). ([Postpartum Support VA, 2020](#))
- National helpline 365 days, 24/7: 1-800-662-4357, in English/Spanish
- Prevention and timely access to help are important for you and your baby.

## EXERCISE

- Exercise during pregnancy is safe and encouraged; you can continue most exercises you were doing before your pregnancy.
- Exercise can be as simple as walking!
- During exercise: drink plenty of water, eat a snack beforehand (or pack a snack), aim to carry a conversation during exercise, adjust exercise as your belly grows, and go slower when needed - your joints are more flexible!
- It is common to feel some cramping during exercise; the cramping usually stops once you are done exercising. Stop exercising for pain, vaginal bleeding, leaking fluid or other concerns.
- Ask your provider about specifics to your pregnancy ([HIT, 2017](#); [ACOG, 2020](#)).

# THE 16 WEEK VISIT



## WHAT DO I NEED TO DO AFTER MY VISIT?

### LABORATORY TESTS

complete lab work: today asap before next visit

### SCHEDULE ULTRASOUNDS

growth scan

### MEDICATIONS

pick up RX at pharmacy obtain medication OTC

### GET VACCINATED

flu vaccine COVID vaccine

### REQUEST MEDICAL RECORDS

call medical records department at prior place of care  
go to medical records for assistance

### REFERRALS/CONSULTATIONS

genetic counselor social worker chiropractor  
maternal fetal medicine (MFM) nutritionist physical therapy  
lactation consultant mental health

### SCHEDULE YOUR NEXT APPOINTMENT IN...

1 2 3 4 5 6 days/weeks

## MY PREGNANCY GOALS

### DAILY

take a daily multivitamin  
take a daily folate supplement  
limit daily caffeine to <300mg/day  
eat a diet rich in fatty acids  
moderate exercise for 30min.  
stop smoking

### WEEKLY

get restful, adequate sleep  
aim for stress reduction  
aim for work-life balance  
150min/week cardio/strength  
training  
read books about pregnancy/birth

### MONTHLY

aim for healthy weight gain  
go to prenatal appointments  
connect with pregnant women  
monitor your mental health  
make a budget:  
[ramseysolutions.com](http://ramseysolutions.com)

### OTHER

visit dentist  
review/obtain vaccine record  
obtain recommended vaccines  
read books on pregnancy  
visit [findhelp.org](http://findhelp.org)

## CALL OR SEEK CARE FOR...

- A slow down, change or stop in your baby's movements
- Vaginal bleeding or leaking fluid from the vagina
- Severe abdominal pain
- Problems with your vision (flashing lights or spots)
- Persistent headache that does not resolve with Tylenol
- Severe pain just below the ribs, on the right side of your belly
- Nausea or vomiting and are unable to eat or drink
- Fever greater than 100.4F
- Thoughts of harming yourself or your baby

References: American Urogynecologic Society. (2016). Constipation. <https://www.aug.s.org/assets/2/6/Constipation.pdf>; Royal College of Obstetricians & Gynaecologists. (2019). Your baby's movements in pregnancy. <https://www.rcog.org.uk/~/media/assets/documents/patients/patient-information-leaflets/pregnancy/your-baby-s-movements-in-pregnancy.pdf>; Center for Women's Health. (2021). Round ligament pain. <https://s133.patientpop.com/assets/docs/16867.pdf>; Bloom Obstetrics & Gynecology, Inc. (2021). Exercises for round ligament pain. <https://www.bloomobgyn.com/wp-content/uploads/2018/12/bloomobgyn-round-ligament-pain-stretches.pdf>; American College of Nurse-Midwives. (2018). Weight gain during pregnancy. <https://online.library.wiley.com/doi/pdf/10.1111/mwh.12762>; March of Dimes. (2018). Weight gain in pregnancy. <https://www.marchofdimes.org/pregnancy/weight-gain-during-pregnancy.aspx>; Health Information Translations. (2017). Exercise during pregnancy. [https://www.healthinfotranslations.org/pdfDocs/Exercising\\_During\\_Pregnancy\\_USSp\\_final.pdf](https://www.healthinfotranslations.org/pdfDocs/Exercising_During_Pregnancy_USSp_final.pdf); American College of Obstetricians & Gynecologists. (2020). Physical activity and exercise during pregnancy and the postpartum period. <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/04/physical-activity-and-exercise-during-pregnancy-and-the-postpartum-period>; Muktabant, B., Lawrie, T., Lumbiganon, P., & Laopaiboon, M. (2015). Diet or exercise, or both, for preventing excessive weight gain in pregnancy. Cochrane Database of Systematic Reviews. doi: 10.1002/14651858.CD007145.pub3; Postpartum Support International. (2021). Perinatal mental health discussion tool. <https://www.postpartum.net/wp-content/uploads/2019/05/PSI-Perinatal-Mental-Health-Discussion-Tool.pdf>; Postpartum Support Virginia. (2020). Path to wellness. [https://postpartumva.org/wp-content/uploads/2020/11/PSVA\\_PathToWellness\\_090820.pdf](https://postpartumva.org/wp-content/uploads/2020/11/PSVA_PathToWellness_090820.pdf). See disclosure on blog for use. amidwifefenation.com.

## RESOURCES and FAQs FOR YOUR 16 WEEK VISIT

### Dental Care

- [Keeping Your Teeth and Gums Healthy During Pregnancy and Beyond \(ACNM\)](#).

### Exercise in Pregnancy

- [Exercise during Pregnancy \(in English and Spanish\)](#).
- [Exercise during Pregnancy \(ACNM\)](#).

### Genetic Screening

- [Making Decisions about Prenatal Tests for Birth Defects \(ACNM\)](#).

### Prevent Anemia

- [Preventing Iron Deficiency Anemia During Pregnancy \(ACNM\)](#).

### Promoting Your Health

- [Alcohol and Pregnancy \(ACNM\)](#)
- [Eating Safely in Pregnancy \(ACNM\)](#)
- [Environmental Hazards during Pregnancy \(ACNM\)](#)
- [Smoking and Women's Health: Tips on Why and How to Quit \(ACNM\)](#)
- [Staying on a Vegetarian Diet During Pregnancy \(ACNM\)](#)
- [Substance Abuse and Mental Health National Helpline: 1-800-662-HELP \(4357\) or 1-800-487-4889](#)
- [Teratogens in Pregnancy \(Fact sheets by MotherToBaby\)](#)

### Weight Gain in Pregnancy

- [Pregnancy after Bariatric Surgery \(ACNM\)](#)
- [Weight Gain and Pregnancy \(ACNM\)](#)
- [Women of Size and Pregnancy \(ACNM\)](#)

**Can I eat fish during pregnancy?**  
[Advice about Eating Fish \(FDA\)](#)

**Can I travel during pregnancy?**  
[Air Travel during Pregnancy \(ACOG\)](#)

**What can I do for constipation?**  
[Constipation \(AUGS\)](#)

**Is it okay to have sex during pregnancy?**  
[Sex During Pregnancy \(ACNM\)](#)

**What can I do for nausea/vomiting?**  
[Nausea and Vomiting in Pregnancy \(in English and Spanish\)](#)  
[Nausea and Vomiting in Pregnancy \(ACNM\)](#)

**What can I do for round ligament pain?**  
[Round Ligament Pain \(CFWH\)](#)  
[Round Ligament Pain Exercises \(Bloom OBGYN\)](#)

**What are my options after a C/S?**  
[Birth Options after Having a Cesarean \(ACNM\)](#)

## BOOK RECOMMENDATIONS FOR YOUR PREGNANCY

- [Babies Are Not Pizzas: They're Born, Not Delivered!](#) by Rebecca Dekker
- [Birth Matters](#) by Ina May Gaskin
- [Creating Your Birth Plan: The Definitive Guide to a Safe and Empowering Birth](#) by Marsden Wagner
- [Ina May's Guide to Childbirth](#) by Ina May Gaskin
- [Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond](#) by Nancy Bardacke
- [Natural Hospital Birth](#) by Cynthia Gabriel
- [Real Food for Gestational Diabetes: An Effective Alternative to the Conventional Nutrition Approach](#) by Lily Nichols
- [Real Food for Pregnancy: The Science and Wisdom of Optimal Nutrition](#) by Lily Nichols
- [The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas and All Other Labor Companions](#) by Penny Simkin
- [Midwifery for Expectant Parents: A Modern Guide to Choosing the Birth That's Right for You](#) by Aubre Tompkins, CNM
- [The Official Lamaze Guide: For a Healthy Pregnancy & Birth](#) by Judith Lothian

## OTHER RESOURCES

- [A Healthy Pregnancy \(in English and Spanish\)](#)
- Apps for Mental Health: [Calm](#), [CBT-I Coach](#), [Mindshift](#), [MoodTools](#), [Stop-Breathe-Think](#), [Nobu](#)
- [Are You and Your Baby Safe?](#)
- [Back Pain during Pregnancy \(ACNM\)](#)
- [Breastfeeding during Pregnancy and Tandem Nursing](#)
- [Call your Maternity Unit...](#) (Mama Academy)
- [Changes to Your Baby and Your Body in Pregnancy \(in English and Spanish\)](#)
- [Cervical Cancer Screening \(ACOG\)](#)
- [Essential Information for Mums to Be \(Mama Academy - in multiple languages\)](#)
- [Fetal Movement: Your Baby's Movements in Pregnant \(RCOG\)](#)
- Find a midwife: <https://www.midwife.org/find-a-midwife>
- [Group B Strep \(CDC\)](#)
- [Having a Baby \(ACOG\)](#)
- [HEAR Her Concerns \(CDC\)](#)
- [Intimate Partner Abuse \(ACNM\)](#)
- [Marijuana Use During Pregnancy & Breastfeeding FAQs \(AAP\)](#)
- National Domestic Violence Hotline 1-800-799-SAFE (7233) or 1-800-787-3224, or live chat at [thehotline.org](http://thehotline.org)
- [Perinatal Mental Health Discussion Tool \(Postpartum Support International\)](#)
- Postpartum Support International, warm line 1-800-944-4773; online support groups: <https://www.postpartum.net/get-help/psi-online-support-meetings/>
- [Preterm Labor \(March of Dimes\)](#)
- [Rh-Negative Blood Type in Pregnancy \(ACNM\)](#)
- Substance Abuse and Mental Health National Helpline: 1-800-662-HELP (4357) or 1-800-487-4889
- Teratogens in Pregnancy (Fact sheets by MotherToBaby)
- [Vaccines and Pregnancy \(ACNM\)](#)