

# THE 20 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](#)).

## THE ANATOMY SCAN

- An anatomy ultrasound is recommended in every pregnancy and is usually done between 18 to 22 weeks.
- The ultrasound assesses the baby's anatomy, the placenta, the umbilical cord, the uterus and the ovaries.
- Sometimes it is hard to see the baby's anatomy and a follow up ultrasound is recommended.
- Sometimes a referral to maternal fetal medicine is indicated.
- Your provider should review these key principles about your ultrasound: Was the baby's anatomy and growth percentile normal? Where is your placenta? Is a follow up ultrasound or a referral indicated?**

## VAGINAL CHANGES IN PREGNANCY

- The vagina begins to produce a normal watery discharge after puberty that contains microorganisms. This discharge helps keep the vagina clean and removes dead cells from the vagina.
- The amount of vaginal discharge can change throughout pregnancy. You may have more normal discharge than when you are not pregnant.
- When the bacteria in the vagina are disrupted, a vaginal infection can occur. Vaginal infections are more common in pregnancy.
- Pregnancy hormones can cause your vagina to darken in color or feel more swollen. These changes cause some women to develop varicose veins in the vagina or hemorrhoids in the rectum ([ACOG, 2021](#)).

## SLEEP

- Nausea, vomiting, increased heart rate, shortness of breath, heartburn, frequent urination, and leg cramps are common disruptors of sleep in pregnancy.
- Tips to improve your sleep: keep your bedroom cool, dark and quiet; go to bed at the same time; use support pillows; read a book before bed; take naps early in the day if needed; avoid caffeine, heavy meals or spicy food prior to bed; avoid screens in the bedroom; exercise early in the day; drink plenty of water during the day but reduce water after dinnertime to limit bathroom trips at night time; if you're not sleepy, do an activity out of bed until you are sleepy ([Sleep Foundation, 2020](#)).

## DOULA SUPPORT

- Doulas are trained in pregnancy, birth and postpartum support for women and families. During labor and birth, doulas provide continuous emotional and physical support and coordinate interventions for pain (position changes, breathing, relaxation, comfort measures), while simultaneously encouraging informed consent each step of labor.
- Doula care has been associated with **shortened labors, reduced need for pain medication, reduced need for pitocin, fewer operative births or cesarean sections and higher satisfaction with labor** (AAP & ACOG, 2017; DONA, 2012).
- Doulas are generally employed independently or work with a hospital system or group practice. Most doulas charge a flat fee. Insurance coverage varies.
- Find a doula at [www.dona.org/](http://www.dona.org/)
- Find the history of doulas and interview questions for doulas [here](#).

## REDUCE YOUR BABY'S RISK OF ALLERGIES

- Did you know that eating certain foods during your pregnancy has been shown to reduce the risk of your baby having an allergy?
- Pregnant women who ate **peanuts** 5 times a week while pregnant, had children that were 69% less likely to have a peanut allergy!
- Pregnant women that ate **milk** during their pregnancy were 70% less likely to have a child that was allergic to milk and a reduced chance of allergic rhinitis.
- Pregnant women that ate **wheat** in the 2nd trimester, were 36% less likely to have a child with atopic dermatitis (Fujimara et al., 2019)
- For any history of severe allergies, consult with your allergist!
- Follow the [Learning Early about Peanut Research \(LEAP\) trial](#) for more info.

# THE 20 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: Royal College of Obstetricians & Gynaecologists [RCOG]. (2019). Your baby's movements in pregnancy. <https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-your-babys-movements-in-pregnancy.pdf>; American College of Obstetricians & Gynecologists. (2021). Vulvovaginal health. <https://www.acog.org/womens-health/faqs/vulvovaginal-health>; Sleep Foundation. (2020). Pregnancy and sleep. <https://www.sleepfoundation.org/pregnancy>; Fujimara, T., Zing Chin Lum, S., Nagata, Y., Kawamoto, S., & Oyoshi, M.K. (2019). Influences of maternal factors over offspring allergies and the application of food allergy. *Frontiers in Immunology*, 10. doi: [10.3389/fimmu.2019.01933](https://doi.org/10.3389/fimmu.2019.01933); DONA. (2012). Position paper: The birth doula's role in maternity care. <https://www.dona.org/wp-content/uploads/2018/03/DONA-Birth-Position-Paper-FINAL.pdf>. See disclosure on blog for use: [amidwifeneration.com](http://amidwifeneration.com).

## RESOURCES and FAQs FOR YOUR 20 WEEK VISIT

### Anatomy Scan

- [Ultrasound Exam in Pregnancy](#)

### Doulas

- [Find a doula here!](#)
- [Read about doula history and questions you should ask your doula.](#)

### Fetal Movement

- [Fetal Movement: Your Baby's Movements in Pregnant \(RCOG\)](#)

### Mental Health Check In

- [Perinatal Mental Health Discussion Tool](#) (Postpartum Support International)

### Reduce Your Baby's Allergy Risks

- [LEAP: Clinical Trials Investigating How to Best Prevent Peanut Allergy.](#)

### Sleep

- [Improve your sleep with these tips!](#)

### Round Ligament Pain

- [Round Ligament Pain \(CFWH\)](#)
- [Round Ligament Pain Exercises \(Bloom OBGYN\)](#)

### Vaginal Changes in Pregnancy

- [Vulvovaginal Health \(ACOG\)](#)

### Can I be a vegetarian while pregnant?

[Staying on a Vegetarian Diet During Pregnancy](#) (ACNM)

### Should I visit the dentist while I pregnant?

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

### How do I prevent anemia in pregnancy?

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

### What are my warning signs for pregnancy?

[Call your Maternity Unit...](#) (Mama Academy)

### What is preterm labor?

[Preterm Labor](#) (March of Dimes)

### Is marijuana safe for pregnancy?

[Marijuana Use During Pregnancy & Breastfeeding FAQs](#) (AAP)

### What can I do for back pain in pregnancy?

[Back Pain during Pregnancy](#) (ACNM)

## BOOK RECOMMENDATIONS

### 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?](#)
- [Breastfeeding during Pregnancy and Tandem Nursing](#)
- [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)
- 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)
- National Domestic Violence Hotline 1-800-799-SAFE (7233) or 1-800-787-3224, or live chat at [thehotline.org](http://thehotline.org)
- Postpartum Support International, warm line 1-800-944-4773; online support groups: <https://www.postpartum.net/get-help/psi-online-support-meetings/>
- [Substance Abuse and Mental Health National Helpline: 1-800-662-HELP \(4357\) or 1-800-487-4889](#)
- [Teratogens in Pregnancy](#) (Fact sheets by MotherToBaby)
- [Rh-Negative Blood Type in Pregnancy](#) (ACNM)
- [Weight Gain and Pregnancy](#) (ACNM)
- [Vaccines and Pregnancy](#) (ACNM)