

Pregnancy Symptoms: 2nd Trimester

Welcome to your second trimester! This is sometimes called the “golden period” and for good reason! The second trimester starts in week 14 of pregnancy and lasts through the end of week 27. During this trimester, many of the unpleasant symptoms you had in the first trimester, such as nausea and fatigue, may disappear and you may feel energetic and excited.

“The second trimester is good because it’s an absence of bad symptoms from the first trimester and you haven’t quite reached the weight gain and the swelling the discomforts of the third trimester.”

But you may also experience some new symptoms as your body changes to make room for your growing baby. One possible symptom during this trimester is round ligament pain. This doesn’t happen to every pregnant woman, but it can be painful when it does. Round ligament pain occurs when the ligaments supporting your uterus stretch to accommodate the growing uterus. It may be uncomfortable, especially with movements like walking or twisting, but should not be excessive. If you do experience any type of severe abdominal pain, you should call your doctor or midwife immediately.

As your uterus grows, so does your baby bump, which can lead to stretch marks. As tempting as it may be, skip all the creams and lotions—research has shown that none of them reduces your chances of getting stretch marks. Lower back pain can show up later in the second trimester as you begin to carry more weight. Exercise, massage, rest and hot showers or baths can help. You can also try wearing a belly band. If you are still in pain, call your doctor.

You may have to buy new shoes thanks to your swollen feet. You may also have swelling in your hands or ankles. Call your doctor or midwife if your hands or feet swell suddenly or you gain weight quickly — this is a potential sign of preeclampsia. Preeclampsia causes high blood pressure and problems with the kidneys and other organs. It should be treated immediately. Call your doctor or midwife if you have uneven swelling, as this could be a sign of Deep Vein Thrombosis.

Some pregnant women experience heartburn in the second trimester, while it may not come until the third trimester for others. You can help prevent heartburn by eating small, frequent meals, or by sitting upright after eating. If it is serious, talk to your doctor about treatment options. You may also experience some uncommon symptoms like strange dreams, bleeding gums, extra saliva, and varicose veins. These are all normal.

The most exciting part of the second trimester? Feeling your baby move for the first time! This usually happens around week 16 but can be earlier if this is not your first pregnancy. Finally, you might also notice some minor contractions in this trimester. If they are irregular and relatively weak, they are known as Braxton Hicks contractions and are nothing to worry about.

If you have regular, strong contractions, meaning four or more strong contractions in an hour, it could be a sign of preterm labor and you should let your doctor know right away. You may be feeling better in this golden trimester, with less symptoms and more energy, so now is a good time to start planning for your baby’s arrival, such as looking into childbirth classes, making sure to get vaccinated, and getting your baby’s nursery ready. Your baby will be here before you know it!