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## What can go wrong at 14 weeks pregnant

Medically reviewed by Holly Ernst, P.A. — Written by Lori Smith, MSN, BSN, WHNP-BC on March 12, 2018Symptoms and bones continue to mature and develop. You may also be experiencing the physical symptoms of pregnancy. This MNT Knowledge Center feature is part of a series of articles on pregnancy, what to expect, and insights into how your baby is developing. Take a look at the other articles in the series: First trimester: fertilization, implantation, week 5, week 6, week 9, week 9, week 10, week 10, week 11, week 12, week 13, week 14, week 14, week 15, week 16, week 17, week 18, week 19, w 11, week 12. Second trimester: week 13, week 15, week 16, week 16, week 17, week 18. At this stage of your pregnancy, your body will continue to change. These changes can occur in a number of ways, such as:improved energychanging moles or presence of new molesweight gainincreased urinary frequency, nausea, and vomitingbreast growthincreased appetitevaricose veinsstuffy noseBe aware that the risk of urinary tract infections (UTIs) increases throughout pregnancy, so if your symptoms are not simply from the pregnancy and you suspect an infection, speak with a healthcare provider about treatment. Right now, the fetus measures over 4 inches from crown to rump. They are the size of a lemon. Your child is becoming heavier and now weighs between 2 and 3 ounces (oz.). There are many changes in fetal development at 14 weeks. These include: The heart: 25 quarts of blood are now pumped every day. The abdomen: The intestines are preparing the first bowel movements of the fetus. The pelvis: The genitals are now fully visible. Limbs: These are more defined, and toenails are also growing. The arms are starting to lengthen and become more proportional. Other: The fetus is growing fine body hair, eyebrows, and hair on its head. Facial muscles are now developing, allowing the fetus to squint and frown. As muscle strength and bone structure develop, the posture of the fetus will also straighten. Boy or girl? Are you waiting to know if your baby is a boy or a girl? It is still too soon. If it is a boy, you may be able to see the genitals during an ultrasound scan at 18 to 20 weeks. However, this is not always evident or reliable. Some mothers will have an amniocentesis test to check for genetic abnormalities around 16 weeks. This can show the baby's sex, but there are risks involved in the test, so it is not done just for this purpose. Between weeks 11 and 14, an ultrasound may be taken to measure the amount of fluid under the skin behind the neck of the fetus, known as a nuchal translucency ultrasound. This is often done as well as blood tests, which screen for medical conditions that may affect your baby including Down's syndrome. Your healthcare provider may recommend that you receive early testing for gestational diabetes if you have certain risk factors, as by week 14 you will have reached the second trimester. This type of diabetes can occur at this stage of pregnancy. Gestational diabetes testing involves drinking a sugary liquid and checking glucose levels in the blood afterward. If you are not at increased risk, you will be screened for gestational diabetes as a routine test later in the pregnancy. There are many lifestyle modifications that need to be made during pregnancy and even after delivery. Alongside making sure that you avoid toxins, such as those found in alcohol and tobacco, and establish a nutrient-dense, balanced diet, it can also help to attend prenatal class can help make the rest of your pregnancy easier and clearer. Having a child is a life-altering event that can provide great joy at the same time as overwhelming change and stress. Classes are available that can help to smooth the transition and prepare both you and your partner for the child-rearing years to come, as well as the delivery itself. Prenatal classes can help build confidence in your changing body and its ability to give birth, as well as putting to rest fears or apprehensions you may have ahead of your due date. Your partner will also learn how best to support you on your maternity journey, and they will be given the tools and knowledge to help empathize with you at the more physically demanding points of your pregnancy. You may also get a tour of your birthing facility, which is a great chance for you to witness practitioners in action and ask questions. Types There are different types of class that suit different parents-to-be, depending on the guidance they need and whether the partners will also be involved. You may need to take more than one class based on what each offers. For example, a class taken in-hospital will normally revolve around the normal procedures and staff, whereas a more specialized pre-natal class may teach relaxation techniques, emotional coping mechanisms, and a wider scope of childbirth options. Several different curriculum providers in the United States work to educate couples that are expecting. Lamaze International This curriculum supports the notion of childbirth as normal, healthy, and natural. This class provides education on a range of topics, including:normal labor and life after deliverypositioning during laborrelaxation techniquescommunication between partners of the support lifestyle and proceduresThe Bradley MethodThis type of prenatal class involves a type of teaching that promotes a completely natural, medication-free birth, and includes:nutrition and exercise tipsrelaxation techniquespracticing laboravoiding a cesarean birthcare after birthadvice on choosing a maternity coach or doulabreastfeeding guidanceHypnoBirthingThis is a method promoting total relaxation during delivery. The classes promote an almost dreamlike state during birth using natural birthing-from-within is a holistic teaching method that promotes ongoing learning throughout the pregnancy process and recognizes that each pregnancy and parent is unique and requires different types of care and attention. Coaches who practice this method will often adapt the course for each parent. Choosing a courseWhile the choice of courses can be reassuring, it can also make settling for one particular prenatal class a little overwhelming. You should be confirming the following factors when choosing a class: the qualification and philosophy of the instructor what is included in the curriculumthe level to which the partner is involved pricethe number of couples who want natural and epidural birthsany specified classes on offer, such as refresher courses and sibling coursesRemember, the class is not an obligation but can greatly enhance the birthing experience. Other concernsContact your healthcare provider with any urgent queries about your pregnancy. Call your doctor if any of the following symptoms occur: vaginal bleeding or passing tissuethe leakage of vaginal fluidfaintness or dizzinesslow blood pressurerectal pre academic research institutions, and medical journals and associations. We avoid using tertiary references, and statistics — within each article and also list them in the resources section at the bottom of our articles. You can learn more about how we ensure our content is accurate and current by reading our editorial policy. Committee on practice bulletins - Obstetrics. (2017, July). Practice bulletin no. 180: Gestational diabetes mellitus. Obstetrics & Gynecology, 130(1), e17 - e37 L. (2007, September 1). ACOG releases guidelines on screening for fetal chromosomal abnormalities. American Family Physician, 76(5), 712-716 week 14. (2016, September 2) tests. (2017, May) E. (n.d.). Q&A: How soon can you find out baby's sex? Retrieved from and your baby at 13-16 weeks pregnant. (2017, February 28) Welcome to the second trimester — (almost) every pregnant woman's favorite, and for good reason! As many first trimester pregnancy woes wane, you're most likely feeling a bit peppier and a lot more human. With any luck, your breasts aren't quite as tender as they were last trimester and your energy level is making a comeback. More good news on the horizon: less morning sickness and fewer trips to the potty to pee. Even cooler is the fact that it may be time to start hitting those maternity boutiques, because you may be starting to show — instead of looking like you've eaten too much for lunch. That's because your uterus, called the fundus, if you press down right above your pelvic bone in your lower abdomen. How amazing is that? How Big Are 14-Week Bumps?Your 14 weeks pregnant bellyNow that you're officially in your second trimester, it may be time to go maternity clothes shopping for real, as right around now many women go from looking a little bloated to actually "popping." But remember: Your 14 weeks pregnant belly is normal no matter how big or small it is. All expectant women carry baby differently depending on their height and figure, and whether this is their first pregnancy or not. So breathe a sigh of relief and know that your provider. Round ligament pain For some women, a possible side effect of uterine growth is what your OB/GYN would call round ligament pain. Basically, these are pregnancy growing pains that feel like achy or sharp pains on one or both sides of the abdomen that begin to appear around 14 weeks but can strike at any time during the second trimester. Here's why: The uterus is supported by thick bands of ligaments that run from the groin up the side of the abdomen. As your uterus grows, the supporting ligaments and causes a sharp pain or a dull ache in your lower abdomen. It's often more noticeable when you change positions suddenly or quickly get up from sitting or lying down or when you cough or sneeze. The best way to bring relief? Put your feet up and rest in a comfortable position, which should ease the strain and the pain. Staying healthy are to contend with, you're also more susceptible to colds, flu and other bugs when you're expecting. That's because nature wisely suppresses your immune system during pregnancy to keep your fetus — a foreigner to your body — from being rejected. The key to staying healthy is to engage in some germ warfare. More than ever, the best defense is a strong offense, especially when germs are being passed around your office or home like canapés. Wash your hands often — and carry liquid sanitizer for times when a sink's not handy — don't share drinks or food or toothbrushes and avoid sick people like the plague. It's okay to banish a sick spouse to the couch. If you think you've caught something, check with your practitioner ASAP, who will treat what you've got with your special needs in mind. If antibiotics are prescribed for a bacterial infection — they're useless against viruses like colds — don't hesitate to take them because you've heard medications aren't safe during pregnancy. Many are — and getting better fast is the best medicine for your baby.

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