

Regence BabyWiseSM

Mid-pregnancy: What to know

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Most women say that the second trimester is the best part of pregnancy. If you struggled with morning sickness, it may be over by now. Energy levels are often higher at this stage, and planning for the impending arrival is exciting. It's still important, though, to keep seeing your doctor or midwife. Also, this is the time to make sure you're extra aware of the symptoms and causes of preterm labor. BabyWise offers extra support and information during this time of growth and planning. You'll learn what to expect during the rest of your pregnancy, how to take care of yourself and baby, plus where to go when you need to know more.

Prepare for a safe, full-term delivery

Learn to recognize Braxton Hicks contractions

While some women never notice these normal, preliminary contractions, many women in their first pregnancy will begin to notice them in their third trimester. If you have been pregnant before, you may notice these contractions sooner. Braxton Hicks contractions usually occur at random intervals and are often weak. An increase in activity may bring them on, but they will usually ease if you drink a tall glass of water and lie down for a bit.

Call your doctor or midwife immediately, day or night, if any of the following occurs:

- ▷ **Vaginal bleeding**
- ▷ **Gush of vaginal fluid**
- ▷ **Cramping or increasing pressure**
- ▷ **More than six contractions in an hour**

Dehydration can cause problems

Dehydration is common during pregnancy, especially with morning sickness. But it can easily lead to early contractions and possibly even preterm delivery. Be sure to drink at least eight tall glasses of water a day and even more when you are more active. If you are experiencing frequent contractions, drinking extra water and lying down may help stop them. Be sure to contact your doctor or midwife if you continue to experience problems.

Control infections to prevent preterm labor

One of the leading causes of premature labor and delivery is the presence of an infection in either the bladder or vagina. You should immediately report to your doctor or midwife any symptoms that indicate a possible infection in these areas. Since you may need to be treated with antibiotics, you need to contact your doctor or licensed nurse midwife immediately. Don't try to wait it out or treat the symptoms yourself. Bacteria can multiply rapidly and could cause preterm labor. Symptoms may include any of the following:

- ▷ **A change in vaginal discharge**
- ▷ **An increase in the need to urinate** (frequent urination is common during pregnancy but if you develop an ever-increasing need to urinate, let your doctor or midwife know)
- ▷ **Fever**
- ▷ **Foul-smelling urine**
- ▷ **Painful urination**
- ▷ **Blood in the urine** (often not visible)
- ▷ **Dull backache**

Take care of yourself!

Emotional health is important too

Your body is undergoing many changes—physical, emotional and hormonal—that put added stress on you. To take care of your emotional health, pamper yourself! Read, enjoy music, talk with friends who are supportive of you or do something else that allows you to de-stress a bit. Well-meaning friends and family members typically have a lot of advice about pregnancy and delivery and are usually eager to share it with you. Sometimes, it can be helpful. At other times, though, their advice may not be right for you. It's helpful to discuss these matters with your doctor or midwife, or you may call our nurse hotline to help clarify issues.





Enjoy...and rest up!

Try to relax and enjoy this stage of your pregnancy. To reduce unwanted stress, take time to relax and enjoy your favorite movie or TV show, exercise (if permitted by your doctor or midwife), or talk with friends. Try to find the humor in the many new situations you are experiencing. Planning your nursery and picking out baby names can bring great joy and satisfaction as well. But try not to overdo, even though it is really tempting to do so. Take breaks and rest when you can.

Don't forget your teeth!

Many women who normally have healthy teeth and gums may notice that their gums bleed or become swollen or inflamed during pregnancy. This condition is sometimes called "pregnancy gingivitis." It may appear as early as the first trimester and is the result of changing hormone levels. To protect your dental health, strive for a nutritious, well-balanced diet. Choose foods that are good for you and your baby. What you eat during your pregnancy affects your baby's development, including his or her teeth, which begin to develop between the third and sixth months of pregnancy. A sufficient quantity of nutrients is needed—especially vitamins A, C and D, protein, calcium and phosphorous. Tell your dentist:

- ▷ **If you have a high-risk pregnancy**
- ▷ **The month of pregnancy you are in**
- ▷ **Any changes in your oral health**
- ▷ **If you are taking any medication**
- ▷ **If you have noticed any swelling, redness, bleeding, sores or inflammation in your mouth**
- ▷ **If you have noticed any loose teeth**



Now's the time to shop, learn and plan

Knowledge is power

Start thinking about signing up for childbirth classes! Sessions are usually designed for women in their seventh month of pregnancy, but the most conveniently timed classes may fill up early. In addition to basic childbirth classes, most facilities now offer a variety of sessions that may include:

- ▷ **Refresher classes for women who have previously experienced childbirth**
- ▷ **Breastfeeding classes**
- ▷ **Special classes for women who are delivering twins or more**
- ▷ **Sibling classes specially designed for big brothers and sisters**

These are just a few of the different types of classes that may be available at the facility where you plan to deliver. Classes vary in price and content. Call your facility and check out what they have to offer.

Buy a car seat for baby

Choosing the appropriate car seat for your baby is important. In fact, many states will not allow you to transport your child home from the hospital without an approved car seat. But the many choices can be confusing—and

installing the seat once you purchase it can leave you scratching your head!

So start shopping for this important item early so that you can become familiar with its installation and use before your baby arrives. Local fire departments and state police agencies can often provide information about free car seat inspection clinics in your community. You can also find additional information on your state's requirements at Parents Central, safercar.gov/parents.

Your doctor or midwife is the expert on you

The Internet can be a great tool for researching various topics. However, your doctor or midwife is your best source of information—especially when it comes to your health and needs. Please discuss maternity information you obtain from the Internet with your doctor or midwife during your next visit. What may be safe or true for one person may not be the same for you.

SHOPPING FOR A BREAST PUMP?

BabyWise is pleased to announce a medical policy that may now cover the purchase of an electric breast pump through your durable medical equipment benefit! If you are interested, please call your BabyWise nurse at 1 (888) 569-2229 to learn more.

TECHNOLOGY IS HERE TO HELP

Get answers at regence.com

Did you know you can get information on pregnancy, childbirth and newborn care at regence.com? Learn about what to expect, access health tools and more. Here's how:

- ▷ **Sign in to regence.com.**
- ▷ **Click on [Go to My Dashboard](#).**
- ▷ **Click on [Wellness Tools](#) (near the bottom of your member dashboard).**
- ▷ **Under the [Health](#) tab, click on [Health Library](#).**
- ▷ **Type "pregnancy" into the search box.**

We've added an app

Due Date Plus for Regence is here! Our smartphone app is free to download and can help you:

- ▷ **Learn about BabyWise.**
- ▷ **Track milestones.**
- ▷ **Identify symptoms.**
- ▷ **Set up reminders and access other helpful tools.**

The app includes a click-to-call feature, so we're always just a phone call away.

Our BabyWise staff is dedicated to the health of you and your baby. Please call us with any pregnancy questions you may have: 1-888-JOY-BABY (1-888-569-2229).

