

## **Your 14- to 16-Week Office Visit**

### **Departments of Obstetrics and Gynecology, Fremont Center**

#### **Upcoming Lab Tests**

**Ultrasound:** You will have an ultrasound performed around 20 weeks of pregnancy to make sure your baby is developing as expected, determine the location of the placenta and verify the expected delivery date. In most, but not all cases the sonographer (a person specially trained in performing ultrasound tests) can also see characteristics that indicate the baby's sex during this test. The test is performed in our Fremont Center Radiology Department. Please call the Radiology Department to schedule your ultrasound appointment at least four weeks prior to the 20-week mark. The number is 510-498-2770.

**15 to 20 weeks:** You will have blood drawn in the Fremont Center lab for the California Prenatal Screening test. This test looks for chemical markers that could indicate whether further testing for developmental problems might be necessary. If you need to check whether your insurance company covers this test, the insurance code is 82105.

We will contact you to discuss your test results.

#### **Symptoms You May Experience Over the Next Four to Six Weeks**

**Constipation:** To avoid constipation, increase your consumption of whole grains, fresh fruit, vegetables and fluids.

**Round Ligament Pain:** You may experience occasional sharp, unilateral (both sides) abdominal cramping associated with quick movement. If the pain is not relieved by rest, call our office.

- *Walking, swimming and yoga are safe exercises during this period.*

#### **Your Baby's Development Over the Next Four to Six Weeks**

Over the next four to six weeks, your baby will:

- Grow to 8 to 10 inches in length and reach a weight of about 1 pound
- Begin developing lanugo (fine, dark, downy hair all over the body), eyebrows, eyelids and eyelashes
- Develop greater bone strength and density
- Develop tiny nail buds on fingers and toes
- Curl his or her fist and make grasping movements
- Begin to move slightly (you may sense a slight fluttering sensation, although actual fetal movement usually starts around 22 weeks)