

Your 22- to 24-Week Office Visit

Departments of Obstetrics and Gynecology, Fremont Center

Upcoming Lab Tests

26 to 28 weeks: Your blood will be drawn in the Fremont Center lab for:

- ▶ A glucose test to check for gestational diabetes. Some diabetes tests require you to fast before the test, but not this one. It will take an hour to complete, so please plan to be at the Fremont Center for at least one hour.
- ▶ A complete blood count
- ▶ If you have RH-negative blood, an antibody screen to see if your immune system is sensitive to RH-positive blood.

Please arrive at the lab 30 minutes prior to your scheduled OB appointment. No appointment or paperwork is necessary for the blood draw.

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.

Heartburn: Avoid spicy and/or acidic foods, eat small frequent meals, and do not lie down immediately after eating. Some antacids (Mylanta[®], Tums[®] and Mylicon[®]) are safe to use during pregnancy.

Back Pain: To alleviate pain, you should perform pelvic tilt exercises, avoid standing for long periods of time, wear supportive shoes with low heels, apply warm compresses or gently massage your back, and wear a maternity support belt.

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

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

- Grow to 14 to 16 inches in length and reach a weight of about 2.5 to 3.5 pounds
- Open and close his or her eyes (eyelids will begin to part)
- Develop taste buds and hiccup
- Form layers of fat
- Develop more mature organs
- Have wrinkled, red skin covered with a protective coating called vernix