

THE 20 WEEK VISIT

Women that receive prenatal care early and often have healthier babies.

Antepartum care is a comprehensive program of medical care and support that starts with pregnancy and continues through the postpartum period.

VISIT COMPONENTS

- assessed well-being of mama/baby
- addressed concerns and questions
- reviewed new symptoms
- physical exam
- reviewed genetic screening, lab and ultrasound results
- reviewed pertinent education
- offered reassurances
- reviewed warnings signs and where to seek care after hours



MY EXAM

blood pressure _____
weight gain _____
fundal height _____
baby's heart rate _____

FETAL MOVEMENT

- Most women feel the baby's first movements between 18 to 20 weeks.
- A baby's movements change based on how active or not active the baby is.
- A baby sleeps during the day and night time. Usually sleep periods last short periods of 20 to 40 minutes.
- You will be less aware of your baby's movements when you are active or sleeping.
- Sometimes an anterior placenta or the baby's position affect how you feel your baby move.
- There is no specific number of movements - it is most important for mothers to be aware of their baby's patterns of sleep or movement ([RCOG, 2019](#)).

ROUND LIGAMENT PAIN

- Round ligament pain is common in pregnancy and usually starts at 14 to 16 weeks.
- The round ligament connects the uterus to the groin.
- Walking and changing position (rolling over in bed, moving from sitting to standing) are common causes of ligament pain.
- For relief, [try these yoga poses](#): cat-cow, pelvic tilt, and savasana.
- For additional relief, try a heating pad, warm bath, pregnancy support belt and rest.
- For persistent pain, consider asking your provider about a physical therapy consult ([Bloom Obstetrics & Gynecology, 2021](#)).

VAGINAL CHANGES IN PREGNANCY

- The vagina begins to produce a normal watery discharge after puberty that contains microorganisms. This discharge helps keep the vagina clean and removes dead cells from the vagina.
- The amount of vaginal discharge can change throughout pregnancy. You may have more normal discharge than when you are not pregnant.
- When the bacteria in the vagina are disrupted, a vaginal infection can occur. Vaginal infections are more common in pregnancy.
- Pregnancy hormones can cause your vagina to darken in color or feel more swollen. These changes cause some women to develop varicose veins in the vagina or hemorrhoids in the rectum ([ACOG, 2021](#)).

SLEEP

- Nausea, vomiting, increased heart rate, shortness of breath, heartburn, frequent urination, and leg cramps are common disruptors of sleep in pregnancy.
- Tips to improve your sleep: keep your bedroom cool, dark and quiet; go to bed at the same time; use support pillows; read a book before bed; take naps early in the day if needed; avoid caffeine, heavy meals or spicy food prior to bed; avoid screens in the bedroom; exercise early in the day; drink plenty of water during the day but reduce water after dinnertime to limit bathroom trips at night time; if you're not sleepy, do an activity out of bed until you are sleepy. ([Sleep Foundation, 2020](#)).

THE ANATOMY SCAN

- An anatomy ultrasound is recommended in every pregnancy and is usually done between 18 to 22 weeks.
- The ultrasound assesses the baby's anatomy, the placenta, the umbilical cord, the uterus and the ovaries.
- Sometimes it is hard to see the baby's anatomy and a follow up ultrasound is recommended.
- Sometimes a referral to maternal fetal medicine is indicated.
- Your provider should review these key principles about your ultrasound: Was the baby's anatomy and growth percentile normal? Where is your placenta? Is a follow up ultrasound or a referral indicated?**

REDUCE YOUR BABY'S RISK OF ALLERGIES

- Did you know that eating certain foods during your pregnancy has been shown to reduce the risk of your baby having an allergy?
- Pregnant women who ate **peanuts** 5 times a week while pregnant, had children that were 69% less likely to have a peanut allergy!
- Pregnant women that ate **milk** during their pregnancy were 70% less likely to have a child that was allergic to milk and a reduced chance of allergic rhinitis.
- Pregnant women that ate **wheat** in the 2nd trimester, were 36% less likely to have a child with atopic dermatitis (Fujimara et al., 2019)
- For any history of severe allergies, consult with your allergist!
- Follow the [Learning Early about Peanut Research \(LEAP\) trial](#) for more info.

THE 20 WEEK VISIT



WHAT DO I NEED TO DO AFTER MY VISIT?

LABORATORY TESTS

complete these labs today/ASAP/before next visit: _____

SCHEDULE ULTRASOUNDS

dating scan nuchal translucency anatomy scan growth scan

MEDICATIONS

pick up RX at pharmacy obtain medication OTC

GET VACCINATED

flu vaccine COVID vaccine Other vaccines: _____

REQUEST MEDICAL RECORDS

call medical records department at prior place of care
go to medical records for assistance

REFERRALS/CONSULTATIONS

genetic counselor	social worker	chiropractor
maternal fetal medicine (MFM)	nutritionist	physical therapy
lactation consultant	mental health	

SCHEDULE YOUR NEXT APPOINTMENT IN...

1 2 3 4 6 days/weeks/months

MY PREGNANCY GOALS

DAILY

take a daily multivitamin
take a daily folate supplement
limit daily caffeine to <300mg/day
eat a diet rich in fatty acids
moderate exercise for 30min.
stop smoking

MONTHLY

aim for healthy weight gain
go to prenatal appointments
connect with other pregnant women
monitor your mental health

WEEKLY

get restful, adequate sleep
aim for stress reduction
aim for work-life balance
150min/week cardio/strength training
read books about pregnancy/birth

OTHER

visit dentist
review/obtain vaccine record
obtain recommended vaccines
read books on pregnancy
visit findhelp.org

CALL OR SEEK CARE FOR...

- A slow down, change or stop in your baby's movements
- Vaginal bleeding or leaking fluid from the vagina
- Severe abdominal pain
- Problems with your vision (flashing lights or spots)
- Persistent headache that does not resolve with Tylenol
- Severe pain just below the ribs, on the right side of your belly
- Nausea or vomiting and are unable to eat or drink
- Fever greater than 100.4F
- Thoughts of harming yourself or your baby

References: Royal College of Obstetricians & Gynaecologists [RCOG]. (2019). Your baby's movements in pregnancy. <https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-your-babys-movements-in-pregnancy.pdf>; Center for Women's Health. (2021). Round ligament pain. <https://sa1s3.patientpop.com/assets/docs/16867.pdf>; Bloom Obstetrics & Gynecology, Inc. (2021). Exercises for round ligament pain. <https://www.bloomobgyn.com/wp-content/uploads/2018/12/bloomobgyn-round-ligament-pain-stretches.pdf>; American College of Obstetricians & Gynecologists. (2021). Vulvovaginal health. <https://www.acog.org/womens-health/faqs/vulvovaginal-health>; Sleep Foundation. (2020). Pregnancy and sleep. <https://www.sleepfoundation.org/pregnancy>; Fujimara, T., Zing Chin Lum, S., Nagata, Y., Kawamoto, S., & Oyoshi, M.K. (2019). Influences of maternal factors over offspring allergies and the application of food allergy. *Frontiers in Immunology*, 10. doi: 10.3389/fimmu.2019.01933. See disclosure on blog for use: amidwifeneration.com.

ADDITIONAL PREGNANCY EDUCATION

A Healthy Pregnancy (in English and Spanish)
https://www.healthinfotranslations.org/pdfDocs/AHealthyPregnancy_SP.pdf

Advice about Eating Fish (FDA)
<https://www.fda.gov/food/consumers/advice-about-eating-fish>

Air Travel during Pregnancy (ACOG)
<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/08/air-travel-during-pregnancy>

Alcohol and Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12286>

Are You and Your baby safe?
<https://resources.beststart.org/wp-content/uploads/2018/12/H05-E-1.pdf>

Back Pain during Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12597>

Birth Options after Having a Cesarean (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12354>

Breastfeeding during Pregnancy and Tandem Nursing
<https://www.lli.org/breastfeeding-info/breastfeeding-pregnancy-tandem-nursing/>

Call your Maternity Unit... (Mama Academy)
<https://www.mamaacademy.org.uk/wp-content/uploads/2015/02/A3-Poster-SIGNS-TO-LOOK-OUT-FOR-1.pdf>

Changes to Your Baby and Your Body in Pregnancy (in English and Spanish) -
https://www.healthinfotranslations.org/pdfDocs/ChangesDuringPregnancy_Sp.pdf

Concerns and Discomforts in Pregnancy (in English and Spanish) -
https://www.healthinfotranslations.org/pdfDocs/ConcernsDiscomfortsPreg_SP.pdf

Constipation (AUGS)
<https://www.augs.org/assets/2/6/Constipation.pdf>

Eating Safely during Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2010.08.008>

Environmental Hazards during Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2005.09.008>

Essential Information for Mums to Be (Mama Academy - in English, Polish, Turkish, Bengali, Punjabi, Urdu, Arabic, Portuguese, Spanish, French, Chinese, Welsh)
<https://www.mamaacademy.org.uk/wp-content/uploads/2020/03/LEAFLET-FOR-MUMS-MARCH-2020.pdf>

Exercise during Pregnancy (in English and Spanish)
https://www.healthinfotranslations.org/pdfDocs/Exercising_During_Pregnancy_USSp_final.pdf

Exercise during Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12218>

Fetal Movement: Your Baby's Movements in Pregnant (RCOG)
<https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-your-babys-movements-in-pregnancy.pdf>

Findhelp.org
<https://www.findhelp.org/>

Having a Baby (ACOG)
<https://www.acog.org/womens-health/faqs/having-a-baby>

Intimate Partner Abuse (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12703>

Keeping Your Teeth and Gums Healthy During Pregnancy and Beyond (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13210>

Making Decisions about Prenatal Tests for Birth Defects (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12027>

Marijuana Use During Pregnancy & Breastfeeding FAQs (AAP)
<https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Marijuana-Use-During-Pregnancy-Breastfeeding.aspx>

Nausea and Vomiting in Pregnancy (in English and Spanish)
https://www.healthinfotranslations.org/pdfDocs/NauseaVomitingPregnancy_SP.pdf

Nausea and Vomiting in Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12451>

National Domestic Violence Hotline
1-800-799-SAFE (7233) or 1-800-787-3224, or live chat at thehotline.org

Postpartum Support International, 1-800-944-4773
Online support groups: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Pregnancy after Bariatric Surgery (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2010.03.002>

Preventing Iron Deficiency During Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12940>

Rh-Negative Blood Type in Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13086>

Round Ligament Pain
<https://sa1s3.patientpop.com/assets/docs/16867.pdf>

Round Ligament Pain Exercises
<https://www.bloomobgyn.com/wp-content/uploads/2018/12/bloomobgyn-round-ligament-pain-stretches.pdf>

Sex During Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12677>

Smoking and Women's Health: Tips on Why and How to Quit (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12234>

Staying on a Vegetarian Diet During Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13105>

STDs During Pregnancy (CDC Fact Sheet)
<https://www.cdc.gov/std/pregnancy/stdfact-pregnancy-detailed.htm>

Substance Abuse and Mental Health National Helpline
1-800-662-HELP (4357) or 1-800-487-4889

Teratogens in Pregnancy (Fact sheets by MotherToBaby)
<https://mothertobaby.org/fact-sheets/>

Vaccines and Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12237>

Weight Gain and Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12762>

Women of Size and Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12867>

Vulvovaginal Health
<https://www.acog.org/womens-health/faqs/vulvovaginal-health>