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Second trimester (14 - 28 weeks)

What will happen at this appointment?

The MA will obtain your weight and BP. Your urine sample will be checked for glucose and protein. The MA will also check the baby's heart rate. The doctor will discuss any questions or problems you may be having. Between 15 to 20 weeks, the doctor will discuss an optional blood test called MSAFP. This is a blood test from your arm which tests for the risk of spinal defects in the baby.

How should I be feeling at this time?

Most women are feeling much better than in the first trimester. In general, your strength and energy should have improved. You should be less tired and less sleepy than in the first trimester. Around 19-20 weeks, you should just start to feel the baby moving. Many people describe this as a butterfly floating in your stomach. It is very soft and very fleeting. You may feel this once daily or once in a few days.

When is my next sonogram?

Your next sonogram will be around 19-20 weeks. This is done in our office. This will be the full anatomy survey on the baby. The sonographer will measure the various body parts of the baby and calculate an estimated fetal weight. We cannot tell the length of the baby; only estimate the weight. You will be given some pictures as a memento of this occasion. If you are also seeing the doctor, he/she will review the sonogram and go over any pertinent findings with you.

When is the next appointment?

In general, your next appointment will be in 4 weeks. After 28 weeks, your next appointment will be in 2 weeks.

What should I expect before the next appointment?

Your strength and energy should steadily improve during the second trimester.

When should I call?

You should call if you experience any of the following:

Vaginal bleeding or spotting

Strong abdominal pain or cramping

If you think your water has broken

How can I contact the doctor?

We have found that the answers to most questions can be found on our website www.obgynmaryland.com. If you still need to talk to the doctor, please call:

During regular office hours: 301.424.3444 or 301.593.5595

During nights and weekends (emergencies only): 301.424.3444 or 301.593.5595 or 888.289.7170

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