

The Second Trimester (14 to 27 weeks)

As you move into the second trimester, some of the symptoms from the first trimester will leave and be replaced with new ones. This is also an exciting time because you will start to feel your baby move. Below we share with you the most common changes your body will go through during the second trimester.

Your uterus changes: This is the time where you will start to look pregnant. Your uterus will grow, making more room for your baby. Wear loose-fitting or maternity clothes.

You start to feel the baby move: Most women start to feel the baby move around five months. This feels like a flutter or gas bubbles at first. Pay attention to these movements and learn when your baby is most active and when your baby rests.

Stuffed-up nose: Pregnancy hormones may make your nose feel stuffy like you have a cold. To help, use saline drops like as Ocean® spray to clear nose and help you breathe better.

Heartburn: Your growing baby and uterus puts pressure on your stomach. Acid from your stomach can burn your esophagus (the tube from your mouth to your stomach). Eat small meals every two to three hours. Avoid laying down after meals and stick to plain food that's not spicy or greasy. Take Tums to help with symptoms.

Sharp pulling feeling on the side of your uterus: You may feel a sharp cramp or pulling feeling on the side of your uterus. This is called round ligament pain. To help, change position from standing to sitting or turning from one side to the other if you are laying down.

Constipation (problems pooping): Pregnancy hormones slow digestion. This may cause constipation. Your stool (poop) may be hard and painful to pass. Drink eight to 10 glasses of water a day. Eating vegetables, fruit and whole grain will also help make bowel movement easier and your stool softer.

Hemorrhoids: Many women get hemorrhoids during pregnancy. You feel sore and may bleed when you have a bowel movement. Use witch hazel pads (Tucks®) or hemorrhoid cream prescribed by your provider.