

Today’s Visit

Date: _____

Provider: _____

My Weight: _____ lbs.

My Blood Pressure: _____ / _____

Abdominal Measurement: _____

Estimated Due Date: _____

Questions for My Provider	Answers
1.	
2.	
3.	

My Next Visit:

What to Expect at My Next Visit:

- In addition to the routine visit, you can expect:
- One-hour glucose test, including bloodwork
 - Additional bloodwork if needed



Resources

For additional pregnancy and childbirth information:

www.wellstar.org/obwellness | www.health4mom.org

Phone numbers – see welcome letter for social services and office numbers.

Sign up for the free Text4Baby app to receive information on a variety of topics related to your pregnancy.

GA referrals and social services: 1 (800) 300-9003 (WIC etc.)

If you feel you need help with mental health or substance use, call the GA Crisis line at 1 (800) 715-4225. Someone is available 24 hours, 7 days a week to assist.

Classes

Make plans to attend a Wellstar Understanding Birth class around 30 weeks.

In this class, we invite you to bring your partner for a multi-weeknight or one weekend journey through childbirth, including labor and delivery, breathing and relaxation, hospital procedures and Cesarean birth.

A tour of our Women’s Center is included, only if the class location is inside of a Wellstar hospital.

Wellstar also offers online e-classes. Call (470) 956-STAR (7827) for more information.



My Pregnancy
Journey

19–23 Weeks
FIVE MONTHS VISIT

What to Expect at This Visit

Every Visit

- At the beginning of every visit, our team will obtain a urine sample, measure your weight and vital signs, and update your pharmacy, medication list and medical history.
- Your provider will review your medical history and discuss any questions or concerns you have and review your progress together.

This Visit

- You will have a lengthy anatomy ultrasound, to make sure your baby is growing and developing properly. At this time, the ultrasound may include determining your baby’s sex, if you wish to know it.
- Additional bloodwork may be needed at this visit.

Growth & Development

- 19-week size: a grapefruit, about 12 inches.
- You may start to feel your baby’s movements, called quickening, which may feel like flutters.

Changes to Expect

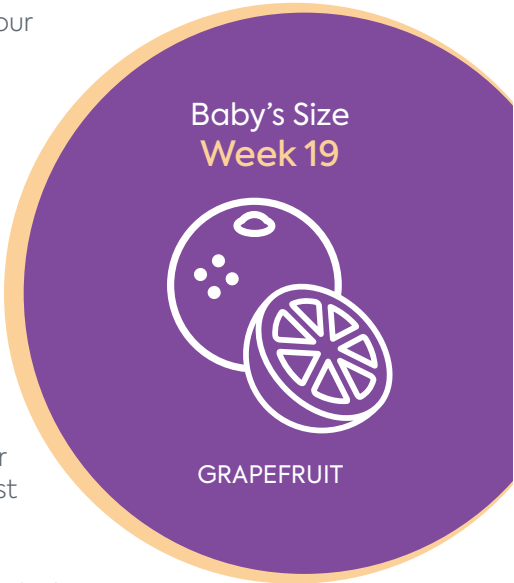
Physical

- Dental changes, including increased risk of cavities or bleeding gums, may occur although brushing and flossing may help prevent these problems. Tell your dentist you are pregnant if you are prescribed medications or if x-rays are being taken.
- Hair and nails may become stronger and shinier during this time.
- Breasts may become tender, larger and heavier as your body begins making your baby’s first food, called colostrum.
- Your uterus will rise to the level of your belly button.
- Hormones can create increased clear or white vaginal discharge. If you are having vaginal soreness, itching or a foul odor, contact your healthcare provider.

Emotional

- Hormone levels may level out around this time so you may feel more like yourself again and have more energy.

Write down how you’re feeling emotionally during this stage of your pregnancy:



Comfort Tips

Practice good oral hygiene habits, including routine dental visits.

Larger clothes and undergarments may be required during this time.

Tips for your support person:

Be sure to ask your wife, partner or loved one how they're feeling and if there's anything that can be done to help during pregnancy.

Giving positive affirmations, open communication and small acts of kindness can go a long way.

Wellness

Lifestyle

- Substance use, including tobacco, vaping (e-cigarettes), alcohol, and drug use are not advised during pregnancy and can increase the risk of:
 - Low birth weight, delayed growth and premature birth
 - Miscarriage
 - Sudden Infant Death Syndrome (SIDS)
 - Stopping tobacco, alcohol or drugs abruptly may place you and your baby at risk. Please discuss a plan with your provider.
- The flu vaccination is safe in pregnancy and is encouraged during flu season.
- Georgia law requires all pregnant women to be screened for sexually transmitted infections to ensure safe care of your pregnancy.
- Please discuss all recent and future travel outside of the continental US with your provider to ensure proper safety precautions.

Health & Nutrition

- A slow, steady weight gain during pregnancy is normal.
- It's important to remain active during pregnancy. Discuss your exercise routine with your provider.
- A healthy, balanced diet is recommended for optimal growth and development. This is not a time for dieting.
- It is recommended to consume 8-10 cups of water daily.

Medications

- Remember to take your prenatal vitamin daily during your pregnancy.
- Please do not start/stop/change any meds or supplements without talking to your healthcare provider.
- For a list of safe medications, please see your Week 0-11 booklet.

