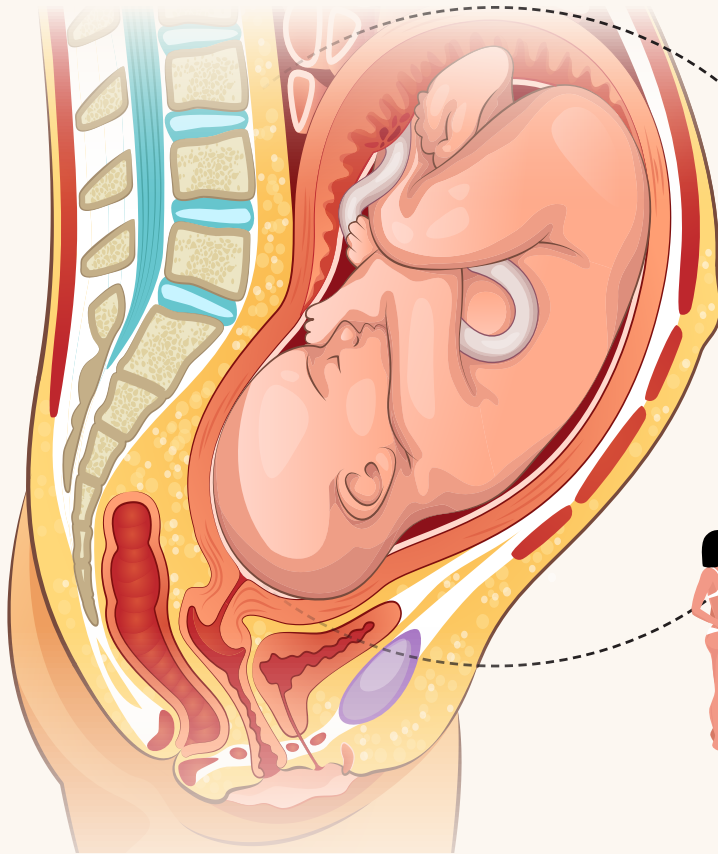


Pregnancy by trimester: What you should know

In consultation with **Dr Pradip Dashraath**, Associate Consultant, Division of Maternal Fetal Medicine,
Department of Obstetrics and Gynaecology, **National University Hospital**

Infographic produced on 15 December 2023



Trimester 1

You may experience

- Nausea and vomiting
- Fatigue
- Food cravings and aversions

Trimester 2

You may experience

- Reduced morning sickness
- Noticeable foetal movements
- Increased heartburn

Trimester 3

You may experience

- Braxton-Hicks contractions ("false labour" pains)
- Backaches
- Frequent trips to the bathroom
- Swollen ankles and feet
- Stretch marks
- Constipation and haemorrhoids

Did You Know?

Morning sickness: The name's alie.

It can happen throughout the day for some moms. Brace yourself.

Gestational diabetes is a temporary hiccup.

Blood sugar levels can return to normal after childbirth. However, controlling blood sugar during pregnancy is **still important** to prevent complications.

You don't need to eat for two.

Eat smart, not double! Add 300 calories in your second trimester, and 450 in the third. It's quality over quantity for your little one.



Pregnancy by trimester: What you should know

In consultation with **Dr Pradip Dashraath**, Associate Consultant, Division of Maternal Fetal Medicine,
Department of Obstetrics and Gynaecology, **National University Hospital**

Foetal Development Milestones

Trimester 1



Month 1

The beginning of life

Conception occurs when a sperm fertilises an egg to form a zygote. Rapid cell division begins and the fertilised egg implants itself into the uterine wall.



Month 2

Vital organs form

Pregnancy hormone levels rise. The placenta as well as the embryo's major organs, including the heart, brain and lungs develop.



Month 3

Rapid development

Basic anatomy such as arms, toes, fingers and even eyelids and earlobes, develop. Facial features become more defined.

Trimester 2



Month 4

Enter the second trimester

The nervous system starts to awaken. The foetus can now sense light and move facial muscles. Genitalia is usually developed at this point, so the sex may soon be identified on an ultrasound scan.



Month 5

Active movements, senses awaken

The foetus can now swallow. Sense of smell, vision, touch, taste and hearing continue to develop, as do hair and eyebrows. The baby's kicks may be felt by the mother.



Month 6

Developing lungs

The foetal lungs begin to produce surfactant, a substance that allows the air sacs in the lungs to develop. The nervous system and organs continue to mature.

Trimester 3



Month 7

Welcome to the third trimester

The foetus continues to fine-tune its senses, nervous system and breathing movements. Brain development accelerates. Bones will be fully developed but remain soft and pliable.



Month 8

Preparing for birth

The foetus gains weight rapidly. The brain continues to develop. While most of the internal systems are well-developed, the lungs will continue to mature until birth.



Month 9

The home stretch

The lungs and organs will be fully developed, and reflexes more coordinated. Baby will usually move to a head-down position to prepare for birth.

