

## **COMMON SECOND TRIMESTER CONCERNS**

**ROUND LIGAMENT PAIN:** The round ligament attaches from near the top of the uterus to behind the pubic bone, on both sides. As your uterus grows more rapidly after fifteen weeks, this ligament stretches. Some patients experience a crampy, achy, or sharp pain on one or both sides of the pelvis, above the groin. The pain is more common with sudden movement, such as standing from a seated position or rolling over in the bed. This is completely normal. It is fine to use a heating pad, sit in a warm bathtub, or take Tylenol if needed. This type of pain may persist or recur later in the pregnancy. At that point, a maternity belt may provide comfort and support.

**DECREASED FETAL MOVEMENT:** Starting to feel your baby move is both exciting and reassuring. The first movements, also called “quickening,” are usually very subtle. These are sometimes described as “butterfly flutters” or feeling “like a gas bubble.” Most patients will feel movement by twenty weeks, but some women will not recognize this until further into pregnancy. Women who have had a previous pregnancy may notice this movement as early as fifteen weeks. A patient’s weight and the location of her placenta may affect her ability to recognize movement. Until 24-26 weeks, movement may not be persistent or regular. Do not be alarmed if you have felt movement in the past and now do not during this gestational age range. It is not necessary to go to the hospital for decreased fetal movement before 24 gestational weeks.