

# 10 – 15 Weeks

answers to your pregnancy questions

## Weight gain

How much weight you should gain during your pregnancy depends on your pre-pregnancy weight. If you began pregnancy at an average weight, the general recommendation will likely be about 25 to 35 pounds throughout your pregnancy. As you can see on the chart to the right, much of the added weight comes from the changes your body makes to support the baby. It is important to remember that making healthy choices is important during pregnancy. For more information on nutrition during pregnancy, visit our website Pregnancy Fact Sheets under the obstetrics tab at [www.springfieldclinic.com/OBGYN](http://www.springfieldclinic.com/OBGYN).

### SOURCES OF WEIGHT GAIN (Approximate)

Uterus.....	2 lbs
Blood volume .....	4 lbs
Breasts .....	2 lbs
Body fluid .....	4 lbs
Maternal stores .....	7 lbs (fat, protein, nutrients)
Fetus.....	6-8 lbs
Placenta and membranes.....	1.5 lbs
Amniotic fluid.....	2 lbs

## Exercise

Staying active and exercising (even just walking) for 30 minutes a day most days can benefit your pregnancy by:

- boosting your mood and energy level.
- helping you sleep better.
- reducing backache, constipation, bloating and swelling.
- promoting muscle tone, strength and endurance.

It is recommended to get 2.5 hours of exercise per week even if you have not exercised before. If you have not been active before pregnancy, start with a few minutes each day and build up to 30 minutes on most days. This can be broken up into smaller time periods throughout your day. If you've been very active before pregnancy you can usually continue with the activities they enjoy. Just remember to avoid contact sports, exercises that could injure your abdomen and not to start a new sport during pregnancy.

Some changes in your body may require you to modify your routine somewhat. Discuss any questions with your doctor. Stop exercising and call your doctor if you experience dizziness, shortness of breath, chest pain, trouble walking, calf pain or swelling, vaginal bleeding or uterine contractions that continue after rest.



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### Nasal Congestion and nose bleeds

You may feel as if you have a stuffy nose or experience nose bleeds during pregnancy. This is because the increased blood volume (nearly 45%) during pregnancy causes the membranes in your nose to swell. Your nose may feel dry and raw which may lead to nose bleeds. Try increasing your fluid intake, using a saline only nasal spray, or using a cold steam humidifier in your home to alleviate these symptoms.

### Constipation and hemorrhoids

Hormone changes during pregnancy cause your digestive system to slow down which can lead to constipation. Vitamin supplements containing iron are often recommended during pregnancy and this too can increase the likelihood of becoming constipated. Many women may develop hemorrhoids during pregnancy or notice increased problems with existing hemorrhoids due to difficulty with bowel movements. Hemorrhoids are swollen veins in the rectum that typically itch or burn but may sometimes bleed as well.

Remember to drink plenty of fluids and increase your fiber intake to help avoid constipation. Fiber can be found in fruits, vegetables and whole grains. For some, women a warm cup of decaffeinated coffee or tea may stimulate a bowel movement. If you continue to experience constipation, your doctor may recommend an over-the-counter stool softener.

Additional treatment recommendations for constipation and hemorrhoids can be found in the information you received at your first obstetrical appointment on the sheet “Physician-approved Medications for the Pregnant Patient.”

This sheet can also be printed from the Pregnancy Fact Sheets found at [www.SpringfieldClinic.com/OBGYN](http://www.SpringfieldClinic.com/OBGYN).

10  
WEEKS

#### at 10 weeks of pregnancy:

Fingers and toes continue to grow and soft nails begin to form. The eyelids begin to form. All of the organs are formed but not fully developed.

12  
WEEKS

#### at 12 weeks of pregnancy:

Your baby weighs just a little over an ounce and is about 3 ½ inches long. The facial features are starting to take shape. The head still makes up about half the body. Your baby moves on their own now but is still too small for you to feel the movement.

14  
WEEKS

#### at 14 & 15 weeks of pregnancy:

Your baby’s organs are fully formed and the arms and legs can now flex. The heart is pumping about 100 pints of blood per day, and the kidneys are now producing urine. The hands will soon open and close into fists. The organs of taste and smell are developing, and the skin is starting to become thicker.

15  
WEEKS