

29 – 30 Weeks

answers to your pregnancy questions

Skin changes

You might notice an increase in acne or breakouts caused by the hormones of pregnancy. Try washing a few times a day with a mild cleanser. Do not use acne products or take oral medications for acne without first discussing this with your doctor, as many of these products may be unsafe to take during pregnancy.

You may notice changes in skin coloration. Your body produces more melanin (the pigment that gives color to your skin) during pregnancy. The “mask of pregnancy,” known as chloasma, gives some women brownish marks around the eyes or on the nose or cheeks. Sunblock, wearing a hat and limiting exposure to direct sunlight can help avoid the worsening of this condition. You may also notice the appearance of a dark line running up and down your abdomen, called the linea nigra, getting darker. These conditions are not harmful nor will they cause permanent scarring or damage to the skin. Both of these will fade postpartum as your hormone levels return to normal.

Stretch marks can be found not only on the abdomen but also on the breasts, thighs and upper arms. Using cocoa butter or other moisturizers may help with the itchiness that occurs over the expanding abdomen and breasts, although it will not prevent stretch marks from occurring. Some stretch marks may have a very red-looking appearance. These will fade postpartum to become silvery in color.

29
WEEKS

at 29–30 weeks of pregnancy:

30
WEEKS

Your baby is gaining weight very quickly now. During the last two and a half months, half of your baby’s birth weight will be added. The limbs are becoming smooth and plump.

The fine hair that covers your baby’s body (lanugo) begins to disappear although many babies will be born with patches of it still on their shoulders, back and ears. The hair on your baby’s head is beginning to grow and thicken, although this will normally be lost within the first six months of life.

Your baby is beginning to acquire immunity from many infections as your antibodies are passed along through the placenta to the baby’s blood.



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Heartburn or indigestion

It is very common to experience frequent heartburn or indigestion during pregnancy. This happens for two reasons:

1. The hormones of pregnancy relax the valve between your stomach and your esophagus which makes it easier for stomach acid to be pushed upwards into the esophagus.
2. The growing size of your uterus pushes on the stomach so that it is not able to hold as much as it did before pregnancy.

There are a few things that you can do to lessen the frequency or severity of the heartburn. Avoid consuming large amounts of food or liquid in a short period of time. Instead, drink fluids between meals and have five or six small meals throughout your day instead of three large meals. Avoid eating or drinking large amounts right before bedtime or lying down right after a meal. Not eating for a few hours before bedtime will allow your body to digest your food before lying down. Do not over-indulge in carbonated beverages or spicy, greasy, hot or fried food. You may use a few extra pillows to prop up your head and shoulders or try raising the head of your bed since lying flat will allow the stomach acid to leak more easily.

Physician-recommended over-the-counter medications for heartburn are listed on your “Physician Approved Medications for the Pregnant Patient” handout and can also be accessed under the Pregnancy Fact Sheets found at www.Springfieldclinic.com/OBGYN.

Round ligament pain

Your uterus is supported by fibrous bands of tissue on both sides of the abdomen and running along the pelvic floor. As your uterus grows, these bands are pulled and stretched like a rubber band. You may feel this as a dull ache at times or all of sudden feel a “knife stabbing” pain that can take your breath away.

Any sudden movement, position change, coughing or sneezing may cause these ligaments to spasm. Changing position or not moving for a short time may help relieve the pain. If abdominal pain continues or gets worse as time goes on, you should consult your physician immediately.

MORE POSSIBLE PREGNANCY SIDE EFFECTS

Insomnia and fatigue:

Feeling tired is normal at this time. Your body is working to support your baby’s development while at the same time it is often difficult to find a comfortable sleeping position. Insomnia is not uncommon during the third trimester of pregnancy for many reasons, not the least of which is often anxiety.

Don’t take any over-the-counter sleep medications unless approved by your physician. It may help to avoid exercise or caffeine immediately before bed, and to try a relaxing, warm shower or a good book before bed. If you are having difficulty sleeping, sometimes a change of rooms from the bedroom may help. Whenever possible, listen to your body and rest when it says you are tired, even if this is a short 15-minute nap during the day.

