**Second Trimester – 17 Weeks**

**How your baby is growing:**

Baby measures around 5.1 inches long and weighs about 5 ounces, about the size of a bell pepper. Your baby’s head, while still larger for body size, is beginning to look more proportionate. Her eyes are still closed, though much larger, and eyebrows and eyelashes are longer. This is a period of rapid growth. She has tiny fingernails and toenails. Her heart is pumping as much as 25qts each day. She can hear sounds outside your body and her lungs are beginning to exhale amniotic fluid.

**Common pregnancy symptoms at 17 weeks include:**

* Breathlessness. As your uterus expands, it pushes against your lungs.
* [Leg cramps](http://pregnant.thebump.com/pregnancy/first-trimester/qa/leg-cramps-during-pregnancy.aspx). Be sure to do stretches and drink plenty of water.
* [Heartburn](http://pregnant.thebump.com/pregnancy/third-trimester/qa/heartburn-during-pregnancy.aspx) and/or [indigestion](http://pregnant.thebump.com/pregnancy/second-trimester/qa/how-to-get-rid-of-bloating-and-indigestion.aspx), as baby starts to crowd your digestive sytem.
* [Mild swelling](http://pregnant.thebump.com/pregnancy/third-trimester/qa/swollen-feet-and-ankles-during-pregnancy.aspx) in your ankles or wrists (causing the tingling sensations or pain of carpal tunnel). Put your feet up in the evenings and try gentle stretches or a wrist brace for wrist pain.
* Insomnia. Try a warm bath, essential oils, dim lighting, deep breathing, and relaxation techniques.

**What you should do:**

Make sure you're getting enough iron. Your baby needs it to make red blood cells, among other things. Iron-rich foods include lean red meat, poultry, fish, lentils, leafy green vegetables and iron-fortified cereals. Pay attention to if you feel tired, dizzy, or short of breath. Listen to your body and don’t push yourself too hard.

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| **Date** | **Weeks** | **Hgb** | **Blood pressure** | | **Fundal height** | | **Baby's heart rate** | |
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| **Notes:** |  |  |  |  |  |  |  |  |
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**Next appointment date & time:**