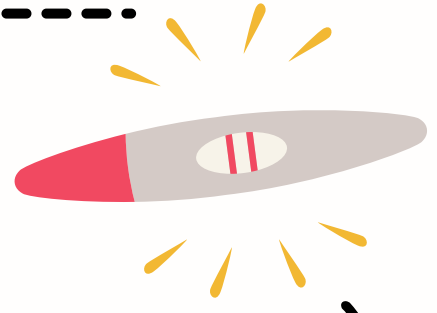


4 Stages of Pregnancy Symptoms

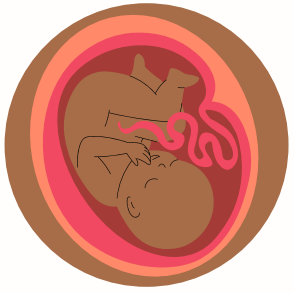
Each pregnancy is different. This means you may or may not have these symptoms.

01. First Trimester (weeks 0 to 13)



Common symptoms: nausea, tiredness, having to urinate (pee) often, spotting, cramping, minimal bleeding

Concerning symptoms (call your provider): heavy bleeding, or severe pain



02. Second Trimester (weeks 14 to 27)

Common symptoms: less nausea, increased energy, physical changes

Concerning symptoms (call your provider): frequent tightening of your lower belly (contractions), constant pressure in your lower belly or pelvis, light bleeding, or a gush of fluid

03. Third Trimester (weeks 28 to 40)



Common symptoms: heartburn, backaches, and mild tightness in your lower belly (Braxton Hicks contraction helps to prepare your body for delivery)

Concerning symptoms (call your provider): frequent tightness (a sign of preterm labor), swelling of hands and feet, eyesight changes, belly pain, or abnormal bleeding



04. Fourth Trimester (12 week period)

Common symptoms: general discomfort, hormonal fluctuations, swelling (2 to 3 weeks), bleeding (2 to 3 weeks)

Concerning symptoms (call your provider): excessive bleeding, headaches, dizziness, extreme sadness, or persistent pain

If you feel something is not right, always contact your provider.