

FREE GUIDE

Trimester Tips

*What's normal week by week, and when
to call your doctor.*

By Anahely

BYANAHEL.Y.COM

A NOTE FROM ANAHELY

The version I wish I'd had.

Every pregnancy book gives you the textbook version. This is the version I wish I'd had — what actually felt normal across five pregnancies, and the handful of times something genuinely warranted a call to my doctor.

NOT A SUBSTITUTE FOR MEDICAL CARE

This guide is general guidance, not medical advice. If something feels wrong, trust that instinct and call your provider — you don't need to justify the call.

First Trimester

Usually Normal

- Nausea, with or without vomiting, especially mornings
- Extreme fatigue
- Tender, swelling breasts
- Light spotting around implantation
- Mood swings and heightened emotions
- Food aversions or sudden cravings

Call Your Doctor

- Heavy bleeding, especially with cramping
- Severe abdominal pain on one side
- Vomiting so severe you can't keep fluids down
- Fever over 100.4°F (38°C)
- Fainting or severe dizziness

Second Trimester

Usually Normal

- Increased energy — often the easiest trimester
- First flutters of movement, usually 18–22 weeks
- Round ligament pain (sharp, brief hip/groin twinges)
- Visible bump and rapid body changes
- Mild swelling in feet by end of day
- Braxton Hicks contractions (painless, irregular)

Call Your Doctor

- No movement felt by 24 weeks, or a drop-off after movement starts
- Severe or persistent headaches
- Sudden swelling in face or hands
- Vision changes — blurriness, spots, flashing
- Regular, painful contractions before 37 weeks

Third Trimester

Usually Normal

- Increasing fatigue and trouble sleeping
- Shortness of breath as baby takes up more room
- Frequent urination
- More frequent Braxton Hicks
- Lower back and pelvic pressure
- Nesting instinct kicking in

Call Your Doctor

- Fluid leaking, gushing, or your water breaking
- Contractions 5 minutes apart or closer, lasting a minute
- Decreased fetal movement
- Severe swelling with headache or vision changes
- Any vaginal bleeding

Always Call Immediately

Regardless of trimester, these symptoms warrant a call right away — not a wait-and-see.

- Heavy vaginal bleeding
- Severe, unrelenting abdominal pain
- Signs of preeclampsia — severe headache, vision changes, swelling with high blood pressure
- Thoughts of harming yourself — call your provider or a crisis line right away
- A fall, car accident, or significant injury
- Any sudden, significant change from what's felt normal for your pregnancy

*"You don't need a reason to call your doctor
other than 'something feels off.' That's reason enough."*

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