


First Trimester

Week 8

CRL (Crown-Rump Length)	Length	Weight	Size
17 mm	0.63 inches	0.04 ounces	

Education

Common symptoms are fatigue, nausea & vomiting, increased vaginal discharge, bloating & gas, constipation, food cravings & aversions.

The rapidly growing spinal cord looks like a tail. The head is disproportionately large. Your baby is constantly moving, though you can't feel it. Meanwhile, you may be making decisions about prenatal tests.

Potential Labs

- CBC, A1C, TSH
- blood type & Rh
- Pap smear, STI, HIV
- ultrasound

Questions to Ask Your Provider

- What screenings do I need?
- What kind of diet should I follow? What should I eat and drink a lot of, and what should I avoid?
- What over-the-counter medications are safe, and in what amount? Are there any I should avoid?
- Are the prescription medications I'm currently taking safe? If not, what can I take or do instead?
- Which prenatal vitamin do you recommend?