


Second Trimester

## Week 26

Length	Weight	Size
13.82 in	2 lbs	

### Education

Common symptoms: bloating and gas, forgetfulness, clumsiness, migraines, blurred vision, round ligament pain

### Potential Labs

- *Glucose tolerance test which will assess how your body is processing blood sugar (24-28 weeks)*
- *Your provider may choose to do a nonstress test to check on baby's wellbeing (weeks 24-40)*

### Questions to Ask Your Provider

- *Can I color my hair during the second trimester?*
- *Are there any upcoming tests I should be aware of?*
- *Is sex still safe?*
- *Is there anything I should be eating more or less of?*
- *When should I start sleeping on my side?*
- *Can I still exercise?*
- *Are my current medications (prescription or over-the-counter) safe to be taking?*
- *Can I travel by plane?*