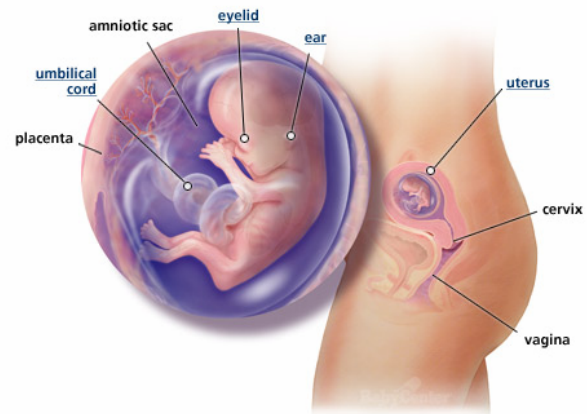


Our TTC Journey Week 12 – February 1st – 7th, 2008



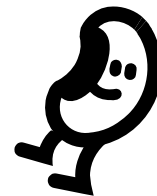
I am excited to finally be getting to see a high risk OB. I'd gone through a painful experience trying to get seen by my regular OB and am relieved now that I'm scheduled to be seen by a specialist. I also ordered a heart monitor so that I can keep track of Beanlette's precious heartbeat.

The most dramatic development this week: Reflexes. Your baby's fingers will soon begin to open and close, his toes will curl, his eye muscles will clench, and his mouth will make sucking movements. In fact, if you prod your abdomen, your baby will squirm in response, although you won't be able to feel it. His intestines, which have grown so fast that they protrude into the umbilical cord, will start to move into his abdominal cavity about now, and his kidneys will begin excreting urine into his bladder.



Meanwhile, nerve cells are multiplying rapidly, and in your baby's brain, synapses are forming furiously. His face looks unquestionably human: His eyes have moved from the sides to the front of his head, and his ears are right where they should be. From crown to rump, your baby-to-be is just over two inches long (about the size of a lime) and weighs half an ounce.

February 1st through 3rd – My girlfriend and I were on a cruise this weekend for the superbowl. There was an obvious demographic issue with our cruise and parts of the cruise just felt awkward. I was cold for most of the cruise and when I get very cold, my breasts really hurt. I wasn't too famished. I would get cravings for things, and if I couldn't have those things, then really began to want the items. The seas were rough, and I had a little nausea. Friday night into Saturday I woke up because I was sleeping on my tummy and I felt so sick to



Beanlette's Corner

my stomach. I got up, went to the bathroom (for the hundredth time) and took some more ginger. It really seemed to help. I had to bring a pillow between my legs so that I could stay on my side when sleeping.

The food was good, it wasn't as salty as it was a month earlier. The last night, the spinach salad and turkey tasted a bit off. But they were still good. The ship was rocking so much that I didn't sleep well. I woke up with a headache, but a nap sure seemed to help that.

February 4th – Waking up so early on the ship to have early departure, I was so tired all day long. I was also a little hungry and sort of cranky. On the way home, I had Naren drive because I was too tired to drive by myself. So we got rotisserie chicken for dinner, and ate a few bites of the dinner and then went to bed. I woke up at 1, famished. I went back downstairs to eat a little snack. Then went right back to sleep.

February 5th – I felt better after a full night's sleep. I was cold at work, and a little tired. I am still getting an odd round ligament cramp, but I relax and they go away. A guy's strong cologne really bothered me in the grocery store. I actually had the energy to make dinner tonight.

February 6th – The Doppler monitor came today. I took the monitor upstairs and found my own heartbeat so I could get a baseline of what my heartbeat looked like, and sounded like. Then I moved the probe all round my tummy and I did manage to find the baby's heartbeat. It was 155. It was very hard to get the right position of the probe, but with some practice and a little growth on Beanlette's part, I'm sure I'll be able to have no problems finding it. I felt pretty good today, just the normal fatigue and breast tenderness.

February 7th – Today was my first Peri appointment. I was very excited to meet my new doctor. In the full exam she wanted to do a breast exam, and I begged her to be gentle as they were so painful. She told me I need not tell her every detail of my symptoms. I think she misunderstood me. I wasn't trying to tell her all that I was feeling, just why I felt compelled to hold my breasts to prevent the nipples from moving. The U/S went great! Beanlette measured right on schedule, 12w6d. There was a perfect shot of the profile, where you can even see the brain through the skull. The next wonderful shot was of the top of the head looking down at the two halves of the brain. Oh it was so amazing. The heartbeat today was about 150. The u/s tech didn't calculate it, just gave a rough guess as to the frequency. But we heard it! Not just saw the hb, but we heard it!



During the exam she did a pap smear, which caused spotting. I knew that the baby was still fine, as the u/s with heartbeat check was performed after the pap. Still I don't like to see spotting. I had a lot of blood work, urine protein checks, and was asked to do a 1 hr glucose tolerance test. I am to stay on the Met till 20weeks, when I have my gender scan.

I was pretty tired this evening, but when I tried to lay down at night, my headache kept me awake. I woke up the next morning with the same headache.