

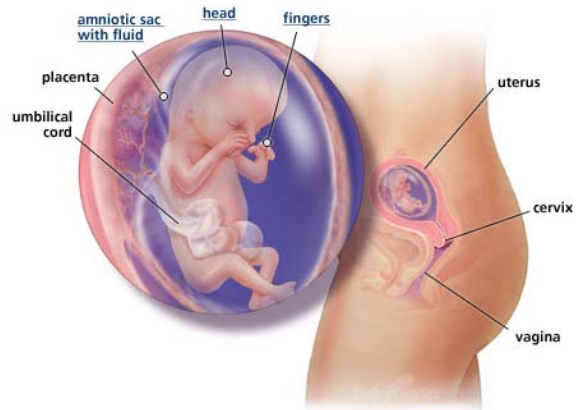
## Our TTC Journey

### Week 13 – February 8<sup>th</sup> – 14<sup>th</sup>, 2008



Knowing that I now have a Doppler to hear the heartbeat, I feel that I have peace of mind. This is going to come in handy since my doc feels that with no problems at this stage, I'm not going to be visiting her but once every 4 weeks. So I'll need to use this hb monitor to get my Beanlette fix!

Fingerprints have formed on your baby's tiny fingertips, her veins and organs are clearly visible through her still-thin skin, and her body is starting to catch up with her head — which makes up just a third of her body size now. If you're having a girl, she now has more than 2 million eggs in her ovaries. Your baby is almost 3 inches long (the size of a medium shrimp) and weighs nearly an ounce. This is the last week of your first trimester, and your risk of miscarriage is now much



lower than earlier in pregnancy. Next week marks the beginning of your second trimester, a time of relative comfort for many women who see early pregnancy symptoms such as morning sickness and fatigue subside. More good news: Many couples also notice a distinct libido lift around this time. Birth is still months away, but your breasts may have already started making colostrum, the nutrient-rich fluid that feeds your baby for the first few days after birth, before your milk starts to flow.

February 8<sup>th</sup> – I woke up this morning and had the worst headache possible. I took some Tylenol, had some breakfast, sipped a bit of coffee (1/2 cup) and prayed it would go away. So far, it has. I also drank two 8oz glasses of water, hoping that would help. It has subsided for now. I am wondering what the solution was, but won't question my remedy for next time. I hear my friends talking about their babies moving within them, and can't wait till I feel my little Beanlette!



Beanlette's Corner

February 9<sup>th</sup> – The weather was finally nice today. I felt a little tired, and just wanted to relax. We didn't go anywhere and for dinner I wanted pizza. So overall it was a good day. Same ole symptoms, different day.

February 10<sup>th</sup> – Today I had a really bad headache. I have no idea why. I took extra Fortament, drank a lot of water, took Tylenol, ate even when I wasn't hungry, and had a sip of caffeine. Finally the headache went away, but I'd had it for so long, I don't know which of the treatments helped. During the night, I wasn't able to sleep. My headache came back and made it difficult to get comfortable and sleep. It was also very warm today. My allergies kicked in and I was sneezing and congested all day.

February 11<sup>th</sup> – Dr. Stanco’s office called today with the question, “Are you going to have the Neural Tube test?” Its also sometimes called the Genetic first trimester screening test. It is not covered by insurance if you’re under \$35. But it’s a way of getting genetic counseling, a scan of the babies head and neck, and blood work to check for any chromosome abnormalities. Our test is scheduled for Thursday. I feel good so far. Maybe when the afternoon fatigue hits, then I’ll feel like an entirely different person. I took another belly picture. I still haven’t popped yet!



February 12<sup>th</sup> – For the last few nights I’ve gotten a little nauseated when it was time for bed. But it wasn’t bad, and it went away. Perhaps I was just tired.

February 13<sup>th</sup> – I told my boss and my project manager that Beanlette was coming. It was more in the interest because I cannot do the workload I am used to doing, I get tired much easier and now I want to nap in the afternoon. So I had to warn the bosses that I’m not a lazy slacker, I’m just pregnant.

February 14<sup>th</sup> – I had the NT test done today. The first part of the appointment was the genetics counseling part. There is a history of family abnormalities. So the doctors office thinks that the insurance will pay for that part of it, with the ultrasound. But the issues are 5 generations removed from Beanlette so there is not a high chance of anything bad happening. The NT measurement was 2.54 and it had to be less than 3. She didn’t get a good angle at the neck measurement though. It was the first time that I had my u/s done on the exterior of my body, and I was rubbed so raw with the u/s wand that my tummy is now raw. So I’ve Neosporin all over my abdomen. She was trying to move the baby by digging the wand into my tummy and it wasn’t working right. Finally 20 minutes later we got the measurement, and I’m happy all the poking is over with. I felt ok today. I was just very tired late at night.