

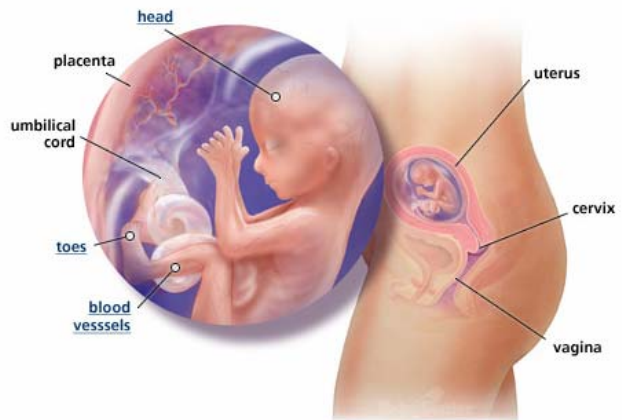
Our TTC Journey Week 16 – February 29th – March 6th, 2008



We're sailing on our babymoon cruise onboard the Carnival Spirit to the Mexican Riviera and it is wonderful to be able to get away if only just for a week. We're not sailing with a group so it makes it extra special because it is just the two (well three actually) of us.

At 4 1/2 inches long (head to bottom) and 3 1/2 ounces, your baby is about the size of an avocado. In the next three weeks, she'll go through a tremendous growth spurt, though, doubling her weight and adding inches to her length. Her lower limbs are much more developed now. Her head is more erect than it has been, and her eyes have moved toward the front of her head. Your baby's ears are close to their final position, too. Some of her more advanced body systems are

working, including her circulatory system and urinary tract. Her heart is now pumping about 25 quarts of blood each day, circulating her total blood volume through her body many times. (By the end of your pregnancy, this will increase to about 190 quarts.) The patterning of her scalp has begun, though her hair isn't recognizable yet. Although closed, her eyes are moving (slowly), and she's even started growing toenails.



February 29th – I started to get a sore throat. I won a bit of money in the casino yesterday and decided that I should relax. Today we arrived in Acapulco, but the sore throat and coughing made the trip difficult to enjoy. We had a nice 2 hour tour, and saw the city highlights. I wish the sore throat didn't have to hurt so bad. For dinner we went to a local hot spot and the food was very good. I had the Mexican equivalent of Sprite. It was much lighter and tasted great.



Beanlette's Corner

March 1st – I actually didn't sleep at all. The cold progressed into my nose and I was completely unable to sleep. Today the ship arrived in Ixtapa, and I stayed in bed all day. Room service delivered all the meals, and I napped and rested all day. My cold remedies consisted of Tylenol and Sudafed. Both meds are on my Pregnancy Safe Medication list. I wish I felt better. I rested all day, and showered for dinner. I figured if I got some real food into my stomach, I might feel better. It worked!

March 2nd – Since I was on medication, I slept last night and the good dinner and change of scenery did a lot of good for my cold. Today we were in Manzanillo and I was glad to be feeling better. We went on our excursion today but fell asleep at the resort and now are sporting a sunglasses style sunburn. We had a good day today though. Our cabin attendant, at my request, put the comforter into a rolled ball formation laying lengthwise down the center

of the bed. This has become my pregnancy pillow. Yes, I finally needed one. The ship would roll me onto my stomach and would hurt. So if I used the comforter then it made the sleep more comfortable.

March 3rd – Naren finally caught my cold, and I'm starting to feel much better. Thankfully today was a sea day and we could relax on the ship. We participated in many trivia games and had a great day today. At dinner tonight, I bit into something crunchy and broke my #31 tooth. It was filled but the tooth just superficially cracked. That left the sharp silver filling material exposed to slice my tongue. When we got back to the cabin I used my fingernail file to file down the filling material. It worked like a charm. It got me through the next few days.

March 4th – I checked my voice mail messages while making a dental emergency appointment for tomorrow when we disembark. My perinatal office called. I had failed my 3hr GTT test. When I went in for my GTT test my numbers were for a 100ml glucose drink:

fasting - 88

1 hr - 200 (anything over 180 is bad)

2 hr - 183 (anything over 155 is bad)

3 hr - 71 (anything over 140 is bad, 65-140 is normal)

So I've no idea if they'll keep me on Met, or what. I've to go into the sugar class on Friday.

I guess I'll learn about nutrition or something, I have no idea what to expect.

I thought about taking my diet food diary to them (what I kept when I lost all that weight). I did eat carbs on that, but they were all med-low GI index carbs. I had sourdough bread and brown rice most of the time. I kept my cereals to whole bran/whole grain type with <15g sugars per serving (rice krispies and special k were the two that i'd eat sometimes).

I figured if I'd kept this diary for them, they could see what I'd eaten from march - september and then feel free to strike any item from this food diary list. Thank god strawberries are coming into season soon! They're med on the gi scale!

With everything that went wrong during our cruise we are really happy to be home.

March 5th – We arrived home and immediately I went to my dentist to get my tooth fixed. My peri said I could have novicane, so that worked great. I have to go back in two weeks for my crown.

March 6th – Well the doc appt was kinda lame. I mean it was good cause I heard and saw the heartbeat and it was 154.67 ... so Im gunna say 155 bpm. But there was no u/s ... no exam ... no doctor. She was stuck in labor and delivery. So the doppler lady did the heartbeat scan. They didn't measure the baby, which I'm worried about because GD makes kids huge.

The nurse said i could wait 45 minutes and then go back to see the doc, but really I didn't have any sugars questions for her, because if I did, I'd just ask the sugar people tomorrow.

I go to those sugar docs tomorrow. I have to test 4x a day and keep the numbers for the doc to see. Then she can know what kind of insulin or medication to put me on at 20w when I stop the Metformin 2000mg daily.

So the 20w appt will be the biggie. It's my gender scan ... and also my sugars check.

And I'm still suffering with my hacking. So I decided to wait for a week or so to get my blood drawn for the next round of test my peri offered, its the AFP test where they check for birth defects.

I've to get blood drawn for that too. Ugh !! So I asked when that had to be done by, and they said 20w. So I have a few weeks to get better. So I plan to stop hacking and get better ... and then go for the tests.

I'm feeling defeated because of all the bad stuff (news, cruise, friends health news) thats happened recently. I don't think I can stand to hear any more without losing my mind completely. I need a few great updates to happen to me in the near future.

Oh and I'm terrified of pricking my finger for this damn blood test 4 times a day. I've sooo had better days.