

妊娠期間胎兒和孕婦身體的變化

Changes to Your Baby and Your Body During Pregnancy

1st Trimester: Conception to Week 16

Your Baby

Your baby's traits and sex are set when the sperm meets the egg. During this time:

- The brain, nerves, heart, lungs and bones are forming.
- The heart starts beating between weeks 9 to 12. The heartbeat is 120 to 160 beats per minute.
- Your baby is very sensitive to drugs and alcohol at this time.
- Ears, arms, hands, fingers, legs, feet and toes are formed by the 3rd month.
- The umbilical cord is visible.
- Reflex movements allow your baby's elbows to bend, legs to kick and fingers to form a fist.
- Your baby will be about 2 ¼ inches long and weigh about ¼ pound by week 16.

Your Body

During the first three months your monthly menstrual periods have stopped and your body is making hormones. Your Hormone changes effect almost every organ in your body. It is common to:

- Have nausea, called morning sickness, because it is more common in the morning, but it can happen at any time of the day.
- Gain weight of 1 to 2 pounds by week 8 and 2 to 3 more pounds by week 16.

前三個月：受孕至第16週

胎兒

精子與卵子相遇時，寶寶的特徵和性別即已確定。在這段時期內：

- 大腦、神經、心臟、肺臟和骨骼形成。
- 第9至12週期間，開始有胎心跳動。胎心為每分鐘120至160次。
- 胎兒對藥物和酒精非常敏感。
- 到第3個月，耳朵、手臂、腿、腳和腳趾已形成。
- 臍帶可見。
- 在反射作用下，胎兒會作曲肘、踢腿和握拳動作。
- 到第16週，胎兒大約有2¼吋長，體重大約¼磅。

孕婦的身體

在妊娠的前三個月，孕婦的月經已經停止，身體開始產生荷爾蒙。激素變化會影響體內幾乎每個器官。以下為常見現象：

- 噁心，多見於早晨，稱為晨吐，但一天的任何時刻均可能發生。
- 到第8週，體重增加1至2磅，到第16週，體重再增加2至3磅。

- Have tender and larger breasts. Your waist size may also increase.
- Urinate more often.
- Be more tired and have less energy.
- Feel more emotional, have mood swings and cry easily.
- Have trouble with gas or constipation until the end of your pregnancy.
- Sweat more.
- Have sore and bleeding gums, nosebleeds and stuffiness. Visit your dentist if you have any concerns.
- Have stomach cramps after exercise or sexual activity.

By the end of this trimester, you may feel more hunger and have more energy.

2nd Trimester: Week 16 to 28

Your Baby

- Eyebrows, eyelashes and hair begin to grow on the head and a soft hair, called lanugo, on the body.
- Your baby will grow more muscle tissue and bone, forming the skeleton.
- The skin is wrinkled and red and is filling out with fat.
- The kidneys make urine.
- Your baby will begin to move a lot. Your baby can kick, cry, hiccup and respond to outside noises. There will be active and quiet times.
- The heartbeat is easy to hear by the doctor.
- The eyes are almost developed and the eyelids can open and close.

- 乳房觸痛，體積變大。此外，腰圍也可能增加。
- 排尿次數增加。
- 更容易疲倦，體力下降。
- 更為情緒化，情緒波動不定，容易哭泣。
- 在妊娠結束之前，有胃腸脹氣或便秘問題。
- 出汗增加。
- 牙齦疼痛出血、流鼻血、鼻塞。如有任何顧慮，請去看牙醫。
- 運動或性行為後出現胃痙攣。

到第三個月末，可能感到更容易飢餓，體力增強。

中三個月：第16至28週

胎兒

- 眉毛、睫毛和頭髮開始生長，身體上開始長出很軟的毛髮，稱為胎毛。
- 寶寶會生長出更多肌肉組織和骨骼，形成骨架。
- 皮膚呈褶皺狀，為紅色，等待填滿脂肪。
- 腎已經開始產尿。
- 胎動增加。胎兒會踢、哭、打嗝，並對外界的噪音作出反應。有時活躍，有時安靜。
- 醫生很容易聽到胎心。
- 眼睛幾乎發育完全，眼皮可以開合。

- Your baby starts a growth spurt in length and weight. Your baby will be about:
 - 10 inches long and weigh $\frac{3}{4}$ pound by week 20
 - 12 inches long and weigh $1\frac{1}{2}$ pounds by week 24
 - 15 inches long and weigh $2\frac{1}{2}$ pounds by week 28

Your Body

- Your pregnancy is beginning to show. You may gain $\frac{3}{4}$ to 1 pound a week or 3 to 4 pounds per month.
- Your nipples and a line on your stomach may darken.
- You may develop stretch marks on your stomach, hips and breasts.
- Your abdomen, palms or bottoms of feet may feel itchy.
- Your breasts grow larger, softer and the veins start to show. Clear, white fluid, called colostrum, may leak from your breasts.
- Your joints and muscles get softer to prepare for delivery.
- You feel good most of the time and look healthy.
- You may be less tired and have more energy.
- You may have trouble thinking or concentrating.
- Your back may ache at times. Sleep on a firm mattress, wear low or flat-heeled shoes, and avoid lifting or picking up heavy objects.
- You feel hunger more often and you may feel cravings for some foods. You may have heartburn after eating heavy, greasy or spicy food.

- 胎兒的身長和體重開始迅速增加。胎兒的身長體重大致如下：
 - 第20週：身長10吋，體重 $\frac{3}{4}$ 磅
 - 第24週：身長12吋，體重 $1\frac{1}{2}$ 磅
 - 第28週：身長15吋，體重 $2\frac{1}{2}$ 磅

孕婦的身體

- 從身體外形可以看出懷孕。每週體重可增加 $\frac{3}{4}$ 至1磅，每月增加3至4磅。
- 乳頭顏色變深，腹部有一條線顏色變深。
- 腹部、臀部和胸部可能出現妊娠紋。
- 您的腹部、手掌或腳底可能感覺發癢。
- 乳房變大、變軟，乳房上的靜脈開始顯露。乳房可能流出清澈的白色液體，稱為初乳。
- 關節和肌肉變軟，為分娩作準備。
- 大多數時候心情很好，氣色也很健康。
- 可能疲勞感減退，體力增加。
- 可能很難思考問題或集中注意力。
- 後背有時候會疼痛。要睡硬床墊，穿低跟或平跟鞋，避免提舉重物。
- 容易餓，可能感到特別想吃某些食物。吃口味重、油膩或辣味食物後，可能會有胃灼熱。

- You may have an increased chance of getting a urinary tract infection. Drink 8 glasses of water each day.
- Your hair may feel thicker and oily.
- You may feel muscles of the uterus tighten and relax. These are called Braxton Hicks contractions and are preparing you for labor. **Call your doctor** if you have 4 or more contractions in 1 hour or if the contractions get stronger and closer together.
- Your sex drive may increase or decrease and change from week to week.
- You feel more involved with the baby growing inside of you. You may think about things that can go wrong with your baby. Most women do.

3rd Trimester: Weeks 28 to Your Baby

- The brain and nervous system are growing quickly. The heartbeat may be heard when another person places an ear on your abdomen. The lungs continue to mature.
- Sleeping and waking times are definite. Kicking and stretching movements are often felt.
- Your baby will be about:
 - 16 inches long and weigh 2½ to 3 pounds by week 32
 - 18 inches long and weigh 5½ pounds by week 36
 - 20 inches long and weigh 6½ to 7½ pounds by week 40
- Your baby's eyes are open.

- 尿道感染的可能性增加。每天飲8杯水。
- 頭髮可能變厚、變油。
- 可能會感覺到子宮的肌肉收緊和放鬆，這稱為「宮縮」(Braxton Hicks)，是在為分娩作準備。如一小時內收縮達到4次或更多，或者宮縮的力度和頻率同時增加，**要打電話給醫生**。
- 性慾可能增強或減弱，每週都有變化。
- 感到自己與體內胎兒生長之間的關係更加緊密。可能會擔心胎兒有缺陷。大多數母親都會這麼想。

末三個月：第28至40週胎兒

- 大腦和神經系統迅速生長。耳朵貼在孕婦腹部即可聽到胎心。肺臟繼續發育成熟。
- 入睡和醒來的時間很有規律。經常能感覺到胎兒踢和伸展身體的動作。
- 胎兒的身長體重大致如下：
 - 第32週：身長16吋，體重2½至3磅
 - 第36週：身長18吋，體重5½磅
 - 第40週：身長20吋，體重6½至7½磅
- 胎兒的眼睛已睜開。

- The skin is smooth because fat begins to fill out the wrinkles.
- Your baby is active with patterns of sleep and wakefulness.
- The baby may settle into a head down position. The baby may seem quieter because there is less space to move.

Your Body

- You gain weight faster the last month.
- You may notice kicking against your ribs. Your stomach can be seen moving as your baby moves.
- You may feel awkward and tire more easily. Light-headedness can occur when you get up.
- Your feet, hands and ankles may swell. You may have back and leg pains.
- Your breasts may leak milk.
- You may have trouble sitting or lying down for long periods of time.
- It is hard to sleep and get comfortable.
- You may feel short of breath when the baby pushes against your lungs.
- You may need to urinate more often, as the baby's head crowds your bladder. You may leak urine.
- You may have hemorrhoids and heartburn.
- You may sweat and begin to tire more easily.
- You may be tired of being pregnant and ready for delivery.

- 脂肪開始填滿褶皺處，皮膚光滑。
- 胎兒的睡眠和醒來很有規律。
- 胎兒可能已經進入頭向下的體位，由於活動空間減小，可能感覺較安靜。

孕婦的身體

- 體重增加比上月快。
- 可能注意到胎兒踢自己的肋骨。胎動時，可見到腹部的起伏。
- 可能感覺不適，容易疲勞。起身時可能感覺頭暈。
- 腳、手和踝可能會腫。背和腿可能會痛。
- 乳房可能漏奶。
- 可能很難長時間坐臥。
- 難以入睡，很難找到舒服的感覺。
- 胎兒擠壓孕婦的肺臟時，孕婦可能感到呼吸急促。
- 胎兒的頭擠壓孕婦的膀胱，孕婦排尿次數可能增加。孕婦可能會漏尿。
- 可能會有痔瘡和胃灼熱。
- 可能出汗，開始感到更疲倦。
- 可能對妊娠感到厭倦，希望早些分娩。

- Your uterus lowers as the baby drops toward the birth canal. This is called lightening. You may feel pressure low in your pelvis as the baby settles into position for birth.
- The Braxton Hicks contractions are more frequent. **Call your doctor** if you have 4 or more contractions in one hour or if the contractions get stronger and closer together.
- 胎兒向下運動進入產道，子宮位置降低，這稱為分娩前腹輕感。隨著胎兒進入娩出位置，可能感到骨盆下方有壓力。
- 宮縮（Braxton Hicks）更為頻繁。一小時內宮縮達到或超過4次時，或者宮縮的力度和頻率同時增加，**打電話給醫生**。

Talk to your doctor or nurse if you have any questions or concerns.

如有任何疑問或擔心，請向醫生或護士提出。