

# 4 Stages of Pregnancy Signs

Every woman's body is unique, and each pregnancy is different. These are common symptoms that can occur at various stages of pregnancy, but you may or may not experience them.

## First Trimester: 0-13 weeks

1

**Common symptoms:** nausea, tiredness, having to urinate frequently, spotting, cramping, minimal bleeding

**Concerning symptoms (contact your provider):** heavy bleeding, or severe pain



2

## Second Trimester: 14-27 weeks

**Common symptoms:** less nausea, increased energy, physical changes

**Concerning symptoms (contact your provider):** frequent tightening of your lower belly (contractions), constant pressure in your lower belly or pelvis, light bleeding, or a gush of fluid

3

## Third Trimester: 28-40 weeks

**Common symptoms:** heartburn, backaches, and mild tightness in your lower belly (Braxton Hicks which helps you prepare for your body for active labor).

**Concerning symptoms (contact your provider):** frequent tightness (a sign of preterm labor), swelling of hands and feet, belly pain, or abnormal bleeding.

4

## Fourth Trimester: 12 week period after birth

**Common symptoms:** general discomfort, hormonal changes, swelling (2-3 weeks), bleeding (2-3 weeks)

**Concerning symptoms (contact your provider):** excessive bleeding, headaches, extreme sadness, or persistent pain

**If you feel something is not right, immediately contact your provider. If you are having thoughts of harming yourself or others, please call or text 988 right away for immediate support. You are not alone, and help is available 24/7.**

