No bigger than a poppy seed, the ball of cells that will develop into your baby has completed its journey from your fallopian tube to your uterus, where it divides into two groups: half to become the embryo, the other half the placenta (your baby's lifeline until delivery).

Your baby now resembles a little tadpole (complete with a tiny tail) and is about the size of an orange seed. The pregnancy hCG hormone levels in your body are now high enough to confirm that you’re expecting using a home pregnancy test.

Your baby’s jaw, cheeks, chin, eyes, ears, and nose are beginning to form. Your growing uterus is beginning to push down on your bladder increasing the need to urinate.

Now about the size of a blueberry, your baby’s new brain cells are being generated at the rate of 100/min. Baby’s mouth and tongue are forming and tiny arm and leg buds are growing. Your baby’s little kidneys are also getting ready to work.

Your baby is growing at an amazing rate — about a millimeter every day — and is now nearly the size of a large raspberry. Baby’s heart is beating at 150 beats per minute.

Your baby’s sense of hearing is developing and she/he is starting to practice survival skills needed after birth, like sucking and swallowing. Baby’s skeleton is also hardening into bone.

During an ultrasound you can check for birth defects. Those first tiny kicks can be felt many different ways — anytime between week 18 and week 22 — as the merest flutter or the most insistent slug.

A waxy white substance now covers your baby’s skin to protect her/him during the long submersion in the amniotic fluid.

Your belly button will be popped out by now and your skin might show stretch marks. Your baby has eyebrows, eyelashes, and maybe even some hair on that little head, and can perceive light and dark.

Baby’s skin is red and wrinkled — no matter what colour your baby will be when born, this true of all babies. You are sporting a dark line running down your tummy (called the linea nigra), don’t fret — it is perfectly normal. You’ve always had it — it is only more visible during pregnancy.
Your uterus is now the size of a soccer ball. Baby’s taste buds are more mature. Baby’s skin is becoming softer and smoother than before. It will be more pliable and not as tough.

Head to heels, your baby now measures about 34 cm and weighs around 700 g. Baby is starting to put on some baby fat, starting to look more like a newborn. More hair is appearing on that tiny head and baby’s nostrils, which had been plugged up till now are starting to open.

Baby is breathing small amounts of amniotic fluid in and out, which is essential for lung development. It is a boy, his testicles will start to drop down into his scrotum. Baby now weighs about 800 g and measures 35.5 cm from head to heel. and can hear your and your partner’s voices as you chat with each other.

This week is the end of the second trimester. Your baby can now open and close her/his eyes and will sleep and wake at regular intervals.

Baby’s eyesight is starting to develop, along with eyelashes and is able to distinguish between light and dark. Now nearly the size of a big eggplant, baby measures more than 37 cm from head to toe.

Baby’s head is now getting bigger to accommodate the growing size of her/his brain. Over the next 11 weeks, your baby will more than double – or come close to triple – her/his current weight.

Your baby is nearly 40 cm in length, weighs around 1,4 kg, is about the size of a large cabbage. The volume of amniotic fluid will decrease as baby gets bigger. Baby’s eyesight continues to develop even though her/his eyes are shut for most of the day. Baby is shedding the downy lanuga, which up till now kept him/her warm.

You will start experiencing mild contractions, called “Braxton Hicks contractions”. Baby’s brain can process information, track light, and perceive signals via all five senses.

Your little one has been able to suck her/his thumb for a while now. And as more and more fat accumulates under your baby’s skin, she/he is becoming less transparent and more opaque.

Baby’s skull is quite pliable and not yet joined. Antibodies are being passed from you to your little one as baby continues to develop her/his own foetal immune system.

Your baby now weighs about 2,2 kg, is about the size of a cantaloupe and almost 45.7 cm long. Baby is building up some fat layers to help regulate body temperature once born, appearing rounder and smoother than before. The central nervous system and lungs are maturing.

Over the next few weeks, baby will put on weight, not leaving a lot of room in the womb to move – but the kicking will be much the same. All the baby’s organs are fully developed and the liver can process waste products – in fact, most of baby’s basic physical development is complete.

Your due date is getting close but doctors don’t consider your baby “full term” until week 39. The next two weeks allows baby’s brain and lungs to fully mature. Your baby weighs around 2.8 kg and is about 48 cm long from head to heel. Most babies also have hair, ranging up to 2.5 cm in length.

Your baby is producing surfactant, which will help her/him take those first breaths. Your breasts may be bigger than they’ve ever been and leaking colostrum – a thin yellowish liquid that’s the precursor to breastmilk.

Your baby is now considered full term and ready to greet the world. Baby is about 50 cm long and weighs around 3kg. The layer of fat built up over the last few weeks will help control her/his body temperature after birth. The bones of the skull are not yet fused – to help with the passage through the birth canal during birth.

**What is constipation?**

Constipation is defined as having a bowel movement fewer than 3 times a week (1) and affects up to one third of pregnant women. (2)

With constipation stools are usually hard, dry, small and difficult to pass, which may result in you feeling bloated with the sensation of a full bowel.

Persistent constipation can lead to straining and other complications (i.e. piles, anal tears and impacted stools). (3)

**References:**


2. www.zcard.com          Job no: KG/264/3700

3. Patent number 93/1635 • Tel: 0861 092 273

**What will Agiolax® contain?**

Agiolax® contains fibre and senna, two natural ingredients that work together to help relieve constipation.

**Good reasons to use Agiolax®:**

- Can be used during pregnancy* and when breastfeeding
- Is easy to take – just swallow with a glass of water
- Provides reliable, predictable relief from constipation
- Doesn’t cause watery stools, cramping or bloating
- Available in a convenient sachet pack

* During the first three months of pregnancy, Agiolax® should only be used if constipation cannot be remedied by a change in diet or with the aid of bulking agents. It is recommended that Agiolax® be used only after consultation with a medical practitioner.