

## **Week 16 of pregnancy: fetal size coordination and circulation**



**Fetal size at week 16: small, active, and growing fast**

**Coordination: how movement becomes more organized**

**Eyes, ears, and sensory-motor development**

**Fetal circulation: the placenta as life-support system**

**Growth coordination between placenta, blood volume, and maternal physiology**

**What you may notice in your body at 16 weeks**

Whether gestational dating is confirmed and how fetal will be monitored

Results or options for aneuploidy screening, carrier screening, or serum screening if relevant

Timing of the mid-pregnancy anatomy ultrasound, commonly performed later in the second trimester

Medication safety, including over-the-counter drugs and herbal products

Exercise, work demands, travel, sleep position, and symptom management

**Ultrasound at 16 weeks: what might be seen**

