

# WOMEN'S CLINIC, LTD - OBSTETRICAL SERVICES

## COMMON COMPLAINTS OF PREGNANCY

**FATIGUE-** You typically feel this overwhelming fatigue initially in the pregnancy. It does improve usually by 12-14 weeks, but can take longer with second and third pregnancies. Keep taking your prenatal vitamins, eat frequently to prevent blood sugar drop, and take naps when you can. Let us know if this reoccurs in the pregnancy.

**HEADACHES-** A lot of circulation and hormonal changes can result in headaches noticeable up until about the fifth month. At times migraine patterns can also increase with pregnancy. Try to get rest and eat frequently to maintain blood sugars. Warm or cold compresses may help at the nape of the neck or forehead. Three Tylenol tablets or two extra strength tablets as needed, are fine. Hang in there, they will improve. Call your family doctor if suspicious of sinus problems. Call us at Women's Clinic if headaches are occurring later in pregnancy, and associated with a lot of visual changes.

**NAUSEA-** This too shall pass. It's related primarily to the hormonal changes and also some blood sugar changes. Try to eat every two hours and before bed. You may not find anything that sounds or smells appealing, so just plan to eat something. You may find dry foods, such as crackles, pretzels, ginger ale, etc, may do better. Other suggestions are frozen ice pops, juices, slushes and sip, sip, sip. Also avoid milky and spicy products. You can add ginger capsules as well. They can cause some mild uterine cramping but they also help with nausea. Increasing Vitamin B6 (pyridoxine) can also help, you can safely add a total of 75 mg per day. Other measures include increasing rest, wearing seabands day and night, trying chewable papaya enzymes for digestion and/or Emetrol syrup as directed. It usually resolves around twelve to fourteen weeks into pregnancy.

**COLD SYMPTOMS-** Most colds are viral infections and take an average of 7-10 days to resolve. You should try to increase fluids, rest and foods with vitamin C. You can use lozenges, Vick's vapor rub, and normal saline nose drops if desired. Warm salt water gargles and hot tea with honey and lemon may help if your throat is sore. Vaporizers or humidifiers may help loosen secretion.

**ROUND LIGAMENTS-** As the uterus stretches and grows, you can notice sharp side stitches. This typically occurs the most often from 13-18 weeks in pregnancy. Things that seem to aggravate it would be turning in bed, coughing, sneezing and vomiting. If you hold the uterus as you move, it may help prevent ligament pulls. If you continue to be sore after the initial strain, you can try a heating pad, Tylenol and rest. If you continue to notice a lot of pulls, especially if you have had a number of pregnancies, an abdominal support may help.

**BELLY BUTTON PAIN-** Your belly button, as it stretches, can become very uncomfortable. This is quite normal. You may also notice areas of numbness or skin pain on your abdomen.

**BACKACHE-** The expanding uterus causes your spine to curve more and can cause strain in your back muscles and pressure on your nerves. Some people notice lower backache, ache at the bra level due to increased breast size as well as pain and burning in the buttocks and left leg (sciatica). Wear good shoes and flatter heels, consider good posture and use good body mechanics when lifting, etc. To increase comfort, you may try some back stretches or pelvic tilts to loosen muscle spasms. Warm heat, Tylenol, rest and massage may help as well. Abdominal back supports are also helpful. Call if you are noticing backache and urinary signs and symptoms.

**VARICOSITIES-** You may notice an increase in veins, varicosities, and spider veins with each pregnancy. They increase as the baby becomes a "cork" in the pelvis and causes increased congestion. You may notice increased pressure, burning and aching on certain days. Please call if they become reddened, have noticeable lumps or are severely painful. Suggestions to help are listed below:

1. Support veins with support hose (TED), especially when on feet.
2. Don't cross legs.
3. Exercise and walk each day.
4. If off feet, lie on left side to move uterus and decrease congestion.
5. Vitamin E capsules, orally, will improve elasticity of tissue.
6. Abdominal support may help keep baby slightly elevated.

**HEMORRHOIDS-** You may notice pain, itching, soreness and bleeding with harder or frequent bowel movements. They are more common with each pregnancy, and secondary pelvic congestion, increased straining with stools, and after delivery. If you have a flare-up, you can try the following:

1. Keep bowel movements soft with constipation medications.
2. Elevate hips and apply ice compresses.
3. Use Tucks (witch hazel and glycerin pads) (keep refrigerated)
4. Unusual ointment and Preparation H as directed.
5. Tub soaks with one cup of salt or sitz bath may ease discomfort.

Hemorrhoids should improve post-partum.

**NOSEBLEEDS-** Your nose and gums may bleed more often when you are pregnant. Humidifiers and applying a small amount of Vaseline inside nostrils may help. It is also advisable to have your teeth cleaned at least once during your pregnancy.

