Common Pregnancy Complaints:

**Nausea and Vomiting**
This is very common & may occur at any time during the day. To help prevent nausea, try eating dry crackers before rising in the morning or eat small meal every 2 hours. It is advisable to avoid spicy foods & foods containing preservatives. Eating late at night may also cause you to become nauseated. While no medication will cure the nausea, we can make you more comfortable with the use of Zofran and/or Phenergan prescription. Keep in mind that nausea and vomiting usually subsides around 3rd or 4th month of pregnancy.

**Hemorrhoids**
You can use over-the-counter Preparation H cream, Vaseline jelly, Anusol, or warm tub bath for relief. If condition persists, contact our office.

**Constipation**
Increase your fluid intake, drink fruit juices & increase your fiber intake. You may use over-the-counter Metamucil, Colace, or Senokot to help relieve constipation. If the prior medication does not help, you can use OTC Milk of Magnesia (one dose only as directed).

**Gas, Belching, & Heartburn**
Pregnancy can aggravate the digestion system due to intestine tract placing pressure on the stomach from the enlarged uterus. Try to avoid greasy & spicy foods. Eating smaller meals may also help. Antiacids that may be used are Riopan, Mylanta II, Maalox, TUMS, or Rolaids. At night, elevate your head on an extra pillow to prevent stomach acids from flowing upward.

**Abdominal, Lower Back, & Leg pains**
This is a frequent complaint in early pregnancy due to the rapid growth of the uterus. It is usually a sharp pain or menstrual-like cramp in the lower part of the abdomen. You may also feel pain in your lower back & down your legs, this is called “round ligament pain” & can usually be relieved by the use of Tylenol & resting. You may also use a heating pad for discomfort in you back and legs. **DO NOT use heating pad on abdomen!!** If you experience severe abdomen pain or constant pain, contact our office or go to hospital immediately.

**Frequent Urination**
This is due to the pressure on the bladder due to the enlarged uterus & fetus movement. There is no cause for concern unless you experience burning or pain with urination.

**Vaginal Discharge**
You may notice a heavier vaginal discharge during pregnancy. This is considered normal due to the changes in hormone levels in your body. However, if you experience any type of burning, foul odor, itching, or blood-tingled discharge, you should contact our office.
**Swelling**
This is normal during pregnancy. Usually this is noticed mostly in the feet & ankles. Some women experience swelling, numbness, or tingling in their hands or feet caused by pressure on the Sciatic Nerve & is considered normal. Changing your position often & elevating your feet should help relieve these symptoms. If swelling is significant, increases over 2-3 days, there is vision changes, & having headaches, contact our office immediately.

**Headaches**
It is common for headaches to seem to get worse with pregnancy, especially during the first few months. This is probably related to hormonal changes. Tylenol should help with this problem. If you have a persistent headache or migraine, contact our office asap.

**Insomnia (trouble sleeping)**
Most women do not sleep well at some point during their pregnancy. This is usually in later pregnancy & usually resolves after delivery. You can try Tylenol PM for some relief (Do Not take on daily basis).

**Mood Swings**
Crying & extreme moodiness is not uncommon in pregnancy. This condition can be improved by eating well, exercise, & resting frequently. If symptoms do not improve, contact our office.

**Fatigue**
In the early part of pregnancy, you may feel especially tired at time & want to sleep a lot. This is normal & not a cause of concern.

**Shortness of Breath**
This is not uncommon closer to your delivery date. Taking slow, deep breaths will help. Pillows props are helpful when sleeping. If shortness of breath is not relieved using these techniques then you need to contact our office or go to hospital.

**Fainting & Dizziness**
This is not an uncommon complaint with pregnancy. Should you feel dizzy or faint, get off your feet asap & lay down for a few minutes, & eat a small snack. After you start feeling better, slowly get up to prevent your blood pressure from downing to fast causing more dizziness.
**Activity Concerns with Pregnancy:**

**Traveling**
Traveling, including flying, is permissible until 35 weeks of pregnancy provided you are having no complications.

**Exercising**
Exercising, especially low-impact exercising is recommended during pregnancy. There are many prenatal fitness programs available including classes & DVD. Main thing to remember is not to lift of 20 lbs after 20 weeks of gestation. If you start to experience lower abdomen cramps or pains we recommend stopping the current exercise immediately & rest. If pain or cramps continue, contact our office or go to hospital.

**Painting**
Painting in a well-ventilated room is permissible during pregnancy. Try to use “non-odor” & water-based paint if possible. However, if the fumes seem to bother you then leave the room immediately.

**Dental Procedures**
You should always let your dentist know that you are pregnant. Local anesthetic may be used, however, avoid using “gas” if possible. If X-rays are required, use an abdomen shield is possible. If dental procedure must be performed during pregnancy, it is advisable to wait until after 12 weeks gestation.

**Sexual Intercourse**
Sexual activity is not harmful during pregnancy. You may experience some light spotting afterward due to irritation on the cervix. If bleeding becomes heavy or doesn’t stop then call our office immediately or go to hospital.

**Pet Care**
It is okay to be around animals during your pregnancy. However, if you have a cat then you will need to have someone else change the litter box due to increase chances of you contracting Toxoplasmosis. Always wash your hands after handling any type of animal.

**Hot baths, Saunas, & Hot Tubs**
These are okay during pregnancy also long as the water temperature DOES NOT EXCEED 100 degree.