

Common Symptoms of Pregnancy



Nausea (Morning Sickness)

Nausea is feeling sick to your stomach and is very common in the first three months of pregnancy. For some women, it can last longer. Nausea can last all day and happen any time of the day. See below for tips to help with morning sickness.

Constipation

Constipation is normal during pregnancy and is often related to hormone changes, not drinking enough water or a lack of fiber in your diet. To reduce constipation try the following things:

- Drink at least 8 - 10 glasses of water a day
- Walk 15 - 30 minutes per day unless you've been told not to by your doctor
- Increase fiber by eating: prunes, raisins, apricots, raw fruits and vegetables, whole wheat bread and oatmeal
- Use Metamucil, Fiber-Con or other over-the-counter fiber products
- Try Colace (docusate sodium) per the package directions
- If none of the above work, try Miralax (mild laxative). **Do not use for longer than 2 weeks.**

Heartburn

You may experience heartburn throughout the pregnancy, especially during the later months when your baby is larger. To help with heartburn:

- Eat 5 - 6 smaller meals; eat slowly and chew well
- Drink 8 - 10 glasses of water daily
- Don't smoke - smoking can increase symptoms
- Eliminate foods that may cause discomfort (spicy, fried, etc.)
- Wear loose fitting clothing around waist/abdomen
- Trying over-the-counter medications: Pepcid, Gaviscon, Tums, Mylanta or Maalox
- Avoid medications that have sodium, sodium bicarbonate or simethicone. Avoid multiple symptom or anti-gas products.

Cold Symptoms

The chances of catching a cold during pregnancy are higher but it will not harm your baby. Increased rest, fluids and the following treatments are approved; take all as directed on the package:

- **Fever/Aches:** Tylenol (acetaminophen)
- **Cough/Congestion:** Robitussin DM, Mucinex
- **Sore Throat:** Cepacol, Chloraseptic, Sucrets or Halls lozenges
- **Stuffy Nose:** Neosynephrine nasal spray – **do not use longer than 3 days in a row**
- **Head/Sinus Congestion (After 12 weeks pregnant):** Actifed, Sudafed, Claritin or Claritin D

If symptoms last longer than 2 weeks with no relief from medicines, get worse or your fever is higher than 101, call the office.

Hemorrhoids

If you experience symptoms, try these remedies:

- Apply cold compress or Tucks pad to decrease discomfort
- Use Preparation H, Anusol or Nupercainal ointment - per directions
- Sit in a warm bath 2 - 3 times per day
- Call the office if you have no relief or pain/bleeding increases.

Tips to Help with Nausea

- **Find foods that work for you:** Eat foods that sound good to you and that you can keep down.
- **Snack often:** Before getting out of bed, eat a few crackers, dry toast and take a few sips of water. Get up slowly and avoid sudden movements.
- **Eat small meals:** Eat 5 - 6 small meals a day. Never go for more than a few hours without eating or drinking something.
- **Stay hydrated:** Drink plenty of fluids. It is important to get 8 - 10 cups of fluids without caffeine a day.
- **Get fresh air:** Open the windows in your house or office and try to walk outdoors daily.
- **Choose foods carefully:** Avoid greasy, fried or highly spicy foods. Choose foods that are high in protein and easy to digest, like bananas, rice, applesauce and toast.
- **Be careful with prenatal vitamins:** If your prenatal vitamins make you feel sick take them with a snack or right before bed. If that doesn't help, try to take half the vitamin, two times a day or take a children's multivitamin.
- **Vitamin B6:** If you continue to have nausea, try Vitamin B6 (50mg) two times per day. This can be purchased at any pharmacy over-the-counter.

If you are vomiting and have not kept down liquids for 24 hours, are not urinating or have lost weight, call us at 319.730.7300.