

South Florida Women's Care
Obstetrics & Gynecology



COMMON DISCOMFORTS OF PREGNANCY

NAUSEA AND VOMITING

Nausea and vomiting are usually worse in the first trimester. In most women these symptoms are mild and tend to subside by 14 to 16 weeks. Eating small, frequent meals rather than three large meals daily may relieve it. Avoid greasy or fried foods. If you are unable to tolerate solid foods be sure to drink plenty of fluids to reduce your chances of dehydration. Drink fluids such as Gatorade, vitamin water, ginger tea and sips of water. You can also try ice chips and popsicles. Eating bland or dry food, high-protein snacks (i.e. milk or yogurt) and crackers in the morning may help. It is usually best to stop taking your prenatal vitamins and iron if nausea and vomiting are severe and resume them when you are feeling better. Persistent vomiting with the inability to keep anything down should be reported to our office.

HEARTBURN AND INDIGESTION

These are aggravated by overeating, eating fried/fatty foods and by lying down immediately after eating. Smaller, more frequent meals may decrease these symptoms. Antacids such as Maalox, Mylanta, Tums and Pepcid® may be used as directed.

CONSTIPATION AND DIARRHEA

To help avoid constipation, your diet should include fruits, vegetables and fiber. Increasing your water intake to 8-10 glasses a day is also helpful. Daily exercise helps to maintain regular bowel habits. Stool softeners such as Peri Colace, Colace or Surfak® may be used as directed. Milk of Magnesia may also be used. Let us know if constipation is a big problem as we can change your prenatal vitamin.

For diarrhea, you can take Imodium or Kaopectate®. If you have diarrhea make sure you get plenty of hydration.

HEMORRHOIDS

Avoiding constipation is important in preventing hemorrhoids. Relief of symptoms may include ice packs, warm sitz baths, Tucks medicated cooling pads, Preparation H, Anusol and stool softeners. All of these can be purchased over the counter.

HEADACHES

Headaches are very common, particularly in the first three to four months of pregnancy. Regular or Extra Strength Tylenol can be taken as directed. Avoid aspirin and ibuprofen (Motrin or Advil®). Severe headache or headache associated with visual changes (spots, blurry vision), mostly in the late second or third trimester, should be reported to our office.

NASAL CONGESTION AND NOSEBLEEDS

Elevated hormone levels can cause swelling of the nasal mucosa. This can result in a feeling of nasal stuffiness and congestion. It can also cause a full or blocked sensation in the ear canal or bleeding of the gums while brushing your teeth. Nosebleeds are common. Cool humidifiers and saline nose drops may be helpful. DO NOT use nasal sprays such as Afrin®.

COLD AND FLU SYMPTOMS

All pregnant women should receive the influenza vaccine. Pregnant women are at increased risk of serious illness and mortality due to influenza. In addition, maternal vaccination is the most effective strategy to protect newborns since they can't be vaccinated until after 6 months. You may develop a cold or the flu during your pregnancy, this will not affect your baby. Rest and increased fluid intake are the key to treating these viral infections. Contact the office for fever above 102 or persistent symptoms longer than two weeks. Be sure to use good hand washing, this is the best way to prevent transmission. You may use Tylenol (Regular or Extra Strength) for fever or sore throat. You may also use Robitussin DM for cough, Ocean Saline Nasal Spray, throat lozenges, Vick VapoRub, or eucalyptus oil in your bath or shower. Cool mist humidifiers may also be used.

BACK PAIN

Increasing pressure from the enlarging uterus, as well as change in posture during pregnancy may cause you to experience back pain. Wear low-heeled (but not flat) shoes with good arch support. Sit in chairs with good back support, or use a small pillow behind the lower part of your back. Tylenol, heat and rest may help in alleviating this discomfort. Severe back pain, back pain radiating to the abdomen, or back pain accompanied by tightening of the abdomen, burning during urination, fever, leakage of fluid or vaginal bleeding should be reported to our office.

LIGAMENT PAIN

On either side of the lower portion of the abdomen are ligaments known as round ligaments. As the uterus enlarges and rises into the abdomen these ligaments are stretched. Pain may be experienced in the lower left or right side of the abdomen and is often described as grabbing or sharp. This may be felt particularly when walking or changing positions. Tylenol and rest may help lessen this sensation. Severe abdominal pain, cramping or tightening of the abdomen should be reported to our office.

LEG CRAMPS

The exact cause of leg cramps is unknown. Contributing factors include fatigue and the increased weight of the uterus on the nerves supplying the legs. Relief can be achieved by ensuring adequate calcium and potassium intake, rest, applying heat to the affected area and use of comfortable shoes.

VAGINAL DISCHARGE

An increase in vaginal discharge is common in pregnancy. This discharge is usually whitish to yellow in color and without odor. Douching is not recommended. Yeast infections (itching, burning and irritation) are also common and can be treated with Monistat vaginal cream/suppositories. Any discharge with a foul odor or leakage of clear, watery fluid should be reported to our office.

Welcome to our practice!
Please know that we are a group practice and unless
You have a scheduled C-section or induction, the doctor on call will attend your
delivery. We deliver at Baptist Hospital ONLY.
For emergencies call (305) 661-7766

