

# COMMON PROBLEMS IN EARLY PREGNANCY

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# COMMON PROBLEMS IN EARLY PREGNANCY



## MORNING SICKNESS & VOMITING

*4 out of 5 women can have nausea or vomiting in pregnancy due to sensitivity to changes in hormones. Try to take care of what and when you eat and making sure you have plenty of fluids and medicines as prescribed.*

## CONSTIPATION

*Eat food high in fibre, fruits, vegetable, lentils, plenty of water, walk daily for 15-30 minutes twice daily.*



## DIZZINESS



*Make sure you get up slowly from sitting or lying down position. If you are feeling faint while lying flat on your back; turn to your side.*

## LEG CRAMPS

*Eat food high in fibre, fruits, vegetable, lentils, plenty of water, walk daily for 15-30 minutes twice daily.*



## HEARTBURN

*Stomach acid can rise into the tube joining your mouth. Eat little often and slowly. You can take antacids as prescribed. Avoid drinking strong tea or coffee or spicy and oily foods*



## URINARY INCONTINENCE & INFECTION

*You may feel like passing urine all the time or burning sensation caused by hormonal changes and growing womb pressing on bladder or kidney. Urine test and medication may be needed*



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## PILES

*Piles or haemorrhoids are swelling inside or around your anus or back passage. If blood vessels inside the swelling are large, it can cause itching, burning sensation or bleeding when you go to toilet. Avoid constipation and hard stools by drinking fluids, eating vegetables and fruits and laxatives as prescribed*

## PELVIC GIRDLE PAIN

*Muscles, ligaments, and small joints around the pelvis stretch and cause pain in the pelvis and back. It can happen in 1 in 5 pregnant women. You can use hot water bag, lie down on opposite side, and move around gently to avoid triggering the pain.*



## SWELLING

*Swelling of the body due to fluid retention can happen, called oedema. If you have swollen legs especially on one side only with pain, you have to meet me. If swelling is mild and on both feet, rest your legs on a pillow when you lie down, wear socks and wear flat heels.*



## VARICOSE VEINS

*Blood vessels under the skin may stick out more than usual, seen in your legs or thighs and can be painful or itchy. Wear support tights, rest your legs up when you can and don't stand for long periods.*



## BACK PAIN

*Strains and pulls of the muscles and ligaments of your back can cause backache, also due to extra weight you are carrying, altered posture and softening of ligaments around your back. Light exercise, yoga, avoiding sitting or standing for too long, avoiding heavy lifting, using a cushion, warm bath and medication if required*



## OTHER COMMON COMPLAINTS

*Other common complaints in pregnancy are skin and hair changes, headaches, stretch marks, feeling slightly breathless, weight gain e*

