

Of course. Here is a comprehensive list of the questions and their corresponding answers, compiled for your convenience.

Frequently Asked Questions About Pregnancy

1. What if I have spotting during early pregnancy?

Many women who notice spotting during early pregnancy assume they have had a miscarriage. But, that isn't always the case. In fact, 20-30% of women may notice spotting in the first trimester and have a healthy pregnancy. It is advised to consult your doctor if you notice spotting.

2. Should I calculate my pregnancy by weeks or months?

Calculating pregnancy by **weeks is more accurate**. Nine months can be about 39 weeks, when the entire pregnancy period is 40 weeks or 280 days.

3. What does morning sickness indicate?

It means that pregnancy hormones are increasing, particularly the progesterone hormone. Most women experience morning sickness, but not experiencing it does not necessarily indicate problems during pregnancy.

4. Is it fine to lose weight in the first trimester?

****Yes****, due to nausea and vomiting, pregnant women might not feel like eating anything. It is expected that you may lose 1 to 2 kgs of weight in the first trimester, which is not a problem.

****5. Is it normal to feel more tired/sleepy in the first trimester?****

****Yes**.** You may feel more sleepy or tired than usual as your body is working harder to nurture and protect your developing baby. The placenta is just forming, your body is making more blood, and your heart is pumping faster.

****6. Can I bend forward while lifting any objects?****

The safe lifting technique is to ****bend at your knees and not your waist**** to pick up objects. Avoid sudden and jerky movements while lifting anything during pregnancy.

****7. During pregnancy, can I sit with my legs crossed?****

****You can****, as it won't hurt your baby. However, if you experience ankle swelling or leg cramping, try sitting with both feet on the floor or elevated.

****8. Is it fine if I feel like eating chalk?****

The condition in which you feel like eating non-food items like chalk, clay, soap, or laundry starch is called ****pica****. This often indicates a mineral deficiency or severe anemia, and you should speak to your doctor about it.

****9. Is eating pineapple bad in pregnancy?****

When consumed in moderation, ****pineapple is safe to eat during pregnancy****. The idea that eating pineapple causes miscarriage or early labor is a myth.

****10. Is jackfruit a heat-producing fruit that should be avoided?****

Pregnant women can **safely eat jackfruit**. The belief that eating jackfruit leads to miscarriage is a myth. Consuming everything in appropriate quantities is always good. Just be sure you are not allergic to it.

11. I like to eat spicy food, will it be bad for my baby?

You can continue to eat spicy food as there is **no risk to your pregnancy**. Just be aware that it can make your heartburn worse.

12. Are artificial sweeteners safe to eat during pregnancy?

Preferably not. Though some may be considered safe, it is advisable to read labels carefully and consult your doctor before consuming them.

13. Can I really not sleep on my back?

As your uterus and baby grow, lying on your back can press on the main vein that carries blood from your lower body to your heart. If compressed, it can interfere with optimal circulation for both you and your baby. Therefore, it is advisable to **sleep on your sides**.

14. Can I eat honey?

Yes, pasteurized honey is safe to eat during pregnancy.

15. Is it safe to wear high heels during pregnancy?

Wearing high heels puts you at a greater risk of falling, can make you feel off-balance, and may cause backache. It is advisable to **wear comfortable, well-supporting shoes** during pregnancy.

****16. Are stretch mark creams safe to use in pregnancy?****

****Yes****, you can use stretch mark creams to reduce itching. Any moisturizing cream can also be helpful and is generally safe.

****17. Is using sunscreen safe?****

****Yes, of course****. Pregnancy can make your skin more sensitive to the sun. Be extra careful, use sunscreen, and stay well hydrated.

****18. I am having a toothache, can I get dental treatment?****

****Yes****. Pregnant women should visit a dentist and get necessary treatment. Pregnancy can make you more prone to tooth decay and bleeding gums. Poor dental health can affect both you and your baby, so routine dental care is safe and recommended.

****19. Is caffeine okay during pregnancy?****

****Yes, but in moderation****. Caffeine is a stimulant that can cross the placenta and affect your baby's heart rate. Limit your intake to no more than 200mg per day (about one 12-ounce cup of coffee).

****20. Can I eat chocolates in pregnancy?****

****Yes, but in moderation****. There is some evidence that eating chocolate during pregnancy could lower the risk of preeclampsia and gestational hypertension. Opt for dark chocolate, which has less sugar.

****21. Is eating fish in pregnancy allowed?****

It's best to ****avoid high-mercury fish**** (like shark, swordfish, and king mackerel), which can be toxic. However, consuming low-mercury fish (like salmon, cod, and shrimp) is very healthy as it provides omega-3 fatty acids.

****22. Can I eat undercooked or raw fish?****

****Raw fish, especially shellfish, should be avoided**** as it can cause several infections. It's advisable to avoid eating raw fish, crabs, or prawns, as you may develop allergic reactions or foodborne illnesses.

****23. Is eating meat safe during pregnancy?****

It is ****not advisable to eat undercooked or raw meat**** as it might be infected with various bacteria. Ensure all meat is cooked thoroughly.

****24. Is eating raw sprouts allowed during pregnancy?****

It is ****not safe**** for pregnant women to eat all kinds of raw sprouts as bacteria can easily grow in them. Ensure sprouts are properly cooked or steamed before eating.

****25. Is drinking a small quantity of alcohol safe in pregnancy?****

There is ****no known safe level of alcohol**** during pregnancy. Alcohol can harm your unborn baby, and avoiding it completely is the safest option.

****26. Is waxing during pregnancy safe?****

****Yes****, waxing is generally safe, provided you go to a reputable salon that maintains high standards of cleanliness and you don't have any other skin problems. Your skin may be more sensitive during pregnancy.

****27. Can I apply hair color in pregnancy?****

You can, but studies have found that very high doses of the chemicals in hair dyes may be harmful. Many doctors recommend waiting until the second trimester. It's always a good idea to ****do a strand test first**** and ensure good ventilation.

****28. Is it safe to use a heating pad on my pregnant belly?****

Using a heating pad on your joints, hips, or back is fine, but ****avoid using it directly on your belly****. Do not use it for more than 20 minutes, and make sure you don't fall asleep with it on.

****29. What should I do if I get abdominal pain in pregnancy?****

If the pain is mild, you can try resting, taking a warm bath, drinking plenty of fluids, or doing gentle stretching. However, if the pain is severe, persistent, or accompanied by other symptoms like bleeding or fever, ****contact your doctor immediately****.

****30. Are microwaves harmful during pregnancy?****

Modern microwaves are generally safe. However, you should ****avoid standing directly in front of a microwave****, especially if it is old or the door is damaged, to avoid any potential radiation leaks.

****31. I am having knee pain in pregnancy, what should I do?****

Excess weight gain and hormonal changes can cause knee pain by putting extra pressure on joints. This pain typically goes away after pregnancy. You can manage it with ****low-impact exercises**** and by avoiding excessive weight gain.

****32. Why is my skin getting darker in pregnancy?****

Some women get dark patches on their face, cheeks, nose, and forehead. This is called ****chloasma****, or the "mask of pregnancy." It is caused by an increase in melanin production due to hormonal changes. These patches usually fade slowly after delivery.

****33. Why are my nipples and the area around them getting darker?****

This is also due to hormonal changes and is temporary. It is thought to help your newborn baby identify their food source more easily.

****34. Why has a dark line appeared on my belly?****

This line, which extends from your belly button to your pubic area, is called the ****linea nigra****. It's caused by pregnancy hormones that darken the already existing 'linea alba' (a faint white line). It will fade after delivery.

****35. Is it safe to take stool softeners for constipation during pregnancy?****

Stool softeners are generally safe, but you should ****take them only with your doctor's consent****. Drinking plenty of water, staying active, and eating high-fiber foods can also help relieve constipation.

****36. Can I eat eggs in pregnancy?****

****Yes****. You can eat eggs as they are a good source of protein. Just make sure they are ****well-cooked**** to reduce the risk of salmonella infection.

****37. Can I eat pickles in pregnancy?****

Consume pickles in ****limited amounts**** as they have a high amount of sodium. Overindulgence may lead to health issues like high blood pressure.

****38. What should I do to relieve the pain of leg cramps?****

****Gently stretch the muscle**** by flexing your foot (lifting your toes up and pushing your heel down). Massaging your calf can also help. Drinking plenty of fluids will keep your muscles hydrated and can prevent cramps.

****39. When will I start to show?****

A baby bump typically starts to appear ****between 12 and 16 weeks****, but this varies for every woman. It may be earlier for second pregnancies and later for first-time moms.

****40. How to handle dizziness in pregnancy?****

Dizziness may be due to low blood pressure or the pressure of the growing uterus on a large vein. ****Change positions slowly****, avoid hot showers, avoid lying on your back in the third trimester, stay hydrated, and lie down on your side until the dizziness passes.

****41. I have started snoring, is that normal?****

****Yes, it can be**.** Pregnancy hormones can cause mucous membranes in your nose to swell, leading to nasal congestion and snoring, especially when lying down. Excessive weight gain can also contribute.

****42. Is it normal to have a metallic taste in my mouth?****

****Yes**.** A change in your sense of taste, often described as a sour or metallic taste (dysgeusia), is likely due to pregnancy hormones. It may cause you to dislike foods you normally love or enjoy foods you normally dislike.

****43. Why am I experiencing a heightened sense of smell?****

This is usually because of pregnancy hormones. It can also be a trigger for morning sickness. Try to cook and eat foods with smells you can tolerate.

****44. Does nausea or vomiting affect my baby's health?****

In most cases, ****it does not harm your baby's health**** and does not mean your baby is sick. However, if you have severe vomiting (hyperemesis gravidarum) and cannot keep fluids down, contact your doctor.

****45. I frequently have to urinate, why is that?****

It's because of the pregnancy hormone ****hCG****, which increases blood flow to the pelvic area and kidneys. Additionally, your growing uterus puts pressure on your bladder, giving it less room to store urine.

****46. Why am I experiencing mood swings during pregnancy?****

This can be due to pregnancy hormones or sleep deprivation. Estrogen can cause irritability and anxiety, while progesterone can loosen muscles and joints, leading to fatigue and sadness.

****47. Why am I getting breast pain in pregnancy?****

This is one of the earliest symptoms of pregnancy. That sore, tender sensation is due to your body flooding with pregnancy hormones to prepare for breastfeeding.

****48. I have noticed tiny bumps on my areola. What are they?****

These tiny bumps are ****Montgomery's tubercles****. They are oil-producing glands that lubricate the breast during breastfeeding and help protect against infection.

****49. I am leaking some yellowish fluid from my nipples. What should I do?****

This fluid is called ****colostrum****, or "first milk." You don't have to worry, as it is an immune-boosting fluid that your baby will drink in the first few days after birth. Nipple discharge can happen at any time, and you can use breast pads for comfort.

****50. Is it safe to wear a bra during pregnancy?****

It is ****completely safe**** to wear a bra during pregnancy. Choose one that is comfortable, provides good support, and is not too tight. You may want to invest in a good maternity or nursing bra as your breasts grow.