

COMMON DISCOMFORTS OF *Pregnancy*

Discomforts in the *first* 14 WEEKS OF PREGNANCY

There are several discomforts a person can experience during pregnancy. Some can be normal with low risk factors and some can be more serious. Here is a guide to help you with some comfort techniques for said conditions. And help you determine whether you should call your provider for further support.

- **FATIGUE**

Can be caused by extra energy resources expended in the body during early and late pregnancy. Weight gain and disrupted sleep.

Solution: Regular exercise and avoid caffeinated drinks.

- **GINGIVITIS**

Plaque deposits on teeth. During pregnancy when oral mucosa increases this creates inflammation of the gums.

Solution: Regular flossing and dental care can help. If further evaluation, x-rays, or dental surgery is required. Your dentist will recommend to wait until after your baby is born.

- **NASAL CONGESTION**

Excessive blood flow in the nasal passages. Caused by increased estrogen in the body.

Solution: Sleep with a humidifier. Avoid blowing your nose too harshly. And elevate the head and apply compression on the nose in the midline septum for 10-15 minutes.

- **NAUSEA AND VOMITING**

Some metabolic factors can include fluctuating and increased hormones such as Hcg and estrogen.

Solution: Eat small & frequent meals. Avoid acidic or heavy/fatty foods. Consuming ginger products such as teas, candies, etc... acupressure bands and Vitamins B6 can help.

- **FREQUENT URINATION**

Extra pressure from the growing uterus restricts bladder capacity.

Solution: Try and decrease the amount of liquids in the evening hours. While ensuring you stay hydrated during the day.



- **CONSTIPATION**

Increased progesterone impacts the gastrointestinal tract. Increased iron intake and the weight of the growing uterus on the pelvic organs.

Solution: Increase fluids, fiber, roughage, and incorporate stool softeners or suppositories to help with symptoms.

- **BREAST TENDERNESS**

Fluctuating hormones, hCG and estrogen, cause tenderness in breast tissue.

Solution: Wear comfortable and supportive bras and avoid caffeine.

- **BACK PAIN**

Caused by increased breast size, and enlarged uterus.

Solution: Wear supportive bras, when lifting use your legs, pelvic rock exercises, bellyband support, heat pad, and massage can help with discomfort.

- **FLATULENCE & GAS PAIN**

Decreased GI motility and uterine displacement of intestines.

Solution: Regular exercise, and avoid foods that cause gas, such as dairy, onions, broccoli, cabbage etc..

- **TINGLING AND NUMBNESS OF FINGERS**

Bad posture from backaches, caused by enlarged breast tissue, and enlarged uterus.

Solution: Move arms to the level of the shoulder to decrease pressure on the nerves when tingling starts. And wearing a wrist brace while working or at night to sleep.



References:
King, T. L., Brucker, M.C., Osborne, K. & Jevitt, C.M. (2019). Varney's midwifery, (6th ed.). Jones & Bartlett Publishers: Sudbury, MA. Part IV - Antepartum> Chapter 22 - Prenatal Related Conditions > Tables 22-1 and 22-3.