

Concerns and Discomforts of Pregnancy

During pregnancy, you may have some concerns and discomforts as your body changes. Try these basic tips and talk to your doctor or nurse for more advice. Do not use any over the counter medicine or herbs without talking to your doctor first.

Nausea

Nausea or feeling sick to your stomach is often called morning sickness. It is common during the first 14 weeks of pregnancy.

- Try to eat crackers, dry toast or cereal before getting out of bed in the morning. These foods may help any time of the day you have nausea.
- Eat smaller meals more often instead of 3 large meals.
- Do not let your stomach get completely empty.
- Avoid lying down right after eating.
- Avoid high fat, fried, spicy or greasy foods.
- Avoid strong food smells.
- **Call your doctor** if you are not able to keep fluids down for over 24 hours, you have dark urine or you feel weak or dizzy.

Tired

Feeling tired is common.

- Exercise each day if allowed by your doctor to increase your energy.
- Rest often. Lie down on your left side for at least 1 hour during the day.

Trouble Sleeping

As you get bigger, it can be hard to get comfortable and sleep.

- Avoid drinks with caffeine.
- Do not eat right before bedtime.
- Try a warm bath or shower before bedtime.
- Practice relaxation exercises such as meditation, deep breathing and stretching.
- Lie on your left side with a pillow between your legs and under your abdomen.

妊娠期的关注事项和不适

妊娠期间，随着身体发生变化，孕妇可能会有一些关注事项和不适。遇到这种情况，可按本文提供的基本提示去做，并咨询医护人员的意见。在没有征求医生意见的情况下，切勿服用任何非处方药物或草药。

恶心

恶心或胃部不适经常称为晨吐。在妊娠的头 14 周内，晨吐很常见。

- 早晨起床前可试着吃一些饼干、烤面包片或麦片粥。白天任何时候恶心时，都可用这些食物来缓解。
- 少吃多餐，改变每日三餐，每次吃很多的习惯。
- 不要让胃全空。
- 进食后不要立即躺卧。
- 避免高脂肪、油炸、辛辣或油腻的食物。
- 避免气味重的食物。
- 如果呕吐流质超过 24 小时，尿色发暗或感觉虚弱或眩晕，请打电话给医生。

疲劳

疲劳很常见。

- 若医生同意，每天运动以增强体力。
- 多休息。白天至少左侧躺卧休息一小时。

睡觉困难

随着身体变大，可能难以舒服入睡。

- 避免含咖啡因的饮料。
- 临睡前不要吃东西。
- 睡前洗个温水澡或淋浴。
- 作放松练习，例如入静、深呼吸和伸展身体。
- 左侧躺卧，在两腿与下腹部之间放一个枕头。

Bleeding Gums

- Use a soft toothbrush and brush gently. Floss each day.

Nose Stuffiness and Nose Bleeds

- You may put saline drops or gel into your nose.
- To stop a nosebleed, sit up and apply firm pressure with your fingers to the side of the nose that is bleeding.

Breasts are tender or leak milk

- Wear a good bra that is not too tight such as a sports bra.
- It may help to wear a bra that has no underwires to bed at night.
- Wear nursing pads in your bra if your breasts leak milk.

Heartburn

Heartburn is a burning sensation in the stomach, throat or chest.

- Avoid caffeine, dairy, greasy, acidic or spicy foods.
- Eat smaller meals every 2-3 hours. Eat slowly.
- Do not lie down for 1 hour after eating.
- Do not wear tight-fitting clothes.
- Do not bend over at the waist. Bend at your knees.
- Do not exercise for at least 2 hours after eating.
- Sleep with your head up on an extra pillow.
- Do not smoke.

Swelling of Hands and Feet

- Avoid standing or sitting for long periods of time.
- Lie on your left side for 30-60 minutes, 3-4 times each day.
- Exercise if allowed by your doctor.
- Avoid foods high in salt.
- **Call your doctor** if you wake up in the morning a few days in a row with swelling.

牙龈出血

- 用软牙刷，刷牙动作要轻。每天用牙线清洁牙齿。

鼻子堵塞和鼻出血

- 用盐水或凝胶滴入鼻孔。
- 鼻出血时，坐直身体，用手指压紧出血的鼻孔。

乳房触痛或有乳汁溢出

- 戴质量好的乳罩，不要太紧，例如运动乳罩。
- 晚上睡觉时戴没有钢丝圈的乳罩。
- 如果有乳汁溢出，在乳罩内加乳垫。

烧心

烧心是指胃、喉或胸部有灼烧感。

- 避免咖啡因、奶制品、油腻食物、酸性食物或辛辣食物。
- 每隔 2-3 小时少量进餐一次。进食要慢。
- 吃东西后 1 小时内不要躺卧。
- 不要穿紧身衣。
- 不要弯腰。需要弯腰时，用屈膝代替。
- 吃东西后至少 2 小时内不要运动。
- 睡觉时，多垫一个枕头。
- 不要吸烟。

手脚浮肿

- 避免长时间站立或保持坐姿。
- 左侧身躺卧，每天 3 至 4 次，每次 30 至 60 分钟。
- 医生同意时可作运动。
- 不要吃太咸的食物。
- 如果连续几天早晨醒来后手脚浮肿，请打电话给医生。

Urinating Often

This is common.

- Do not limit liquid or water intake, but try to drink less before bedtime.
- Urinate often.
- Avoid liquids with caffeine.
- Do Kegel exercises to strengthen and control the muscles around the vagina.
 - To locate these muscles, stop and start your urine when you use the toilet.
 - Try to tighten the muscles a small amount at a time. Then release very slowly.
 - As you tighten the muscles, you should feel the area from your urethra, where urine leaves your body, lift slightly.
 - Practice these exercises while you sit, stand, walk, drive or watch television.
 - Do these exercises 10 times, 5 to 10 times a day.
- **Call your doctor** if you have burning or pain when urinating or have a fever.

Constipation or Diarrhea

- Drink 6 to 8 cups of liquids each day. Choose water, juices and milk.
- Eat high fiber foods such as raw fruits and vegetables, whole grains, high-fiber bran cereals and cooked dried beans.
- Exercise if allowed.
- Do not use laxatives, enemas or over the counter medicines unless your doctor says that it is okay.
- **Call your doctor** if your constipation does not get better in 2 days.

Hemorrhoids

- Keep your bowel movements regular and soft.
- Do not strain or push when having a bowel movement.
- Use cold compresses to relieve pain or swelling.
- **Call your doctor** if your pain increases or if you have bleeding.

Low Backache

- Rest often. Use a supportive mattress. Lie on your left side with pillows between the knees, behind the back and under the stomach.
- Stand up straight. Do not slump or slouch.
- Wear low heeled, good walking shoes.
- Do not stand in one place too long. Move around.
- Squat to pick up objects rather than bending at the waist. Do not bend over at the waist. Bend your knees.
- Exercise if allowed by your doctor.

尿频

尿频很常见。

- 不要限制流质或水的摄入量，但睡前少喝水。
- 经常排尿。
- 避免含咖啡因的流质。
- 做 Kegel 练习，以加强和控制阴道附近的肌肉。
 - 小便时，可有意停止排尿，然后继续排尿，感受这些肌肉的位置。
 - 每次稍微收紧这些肌肉，然后慢慢地放松。
 - 收紧肌肉时，应可感觉到尿道（排尿处）微微抬高。
 - 坐、立、走路、开车或看电视时，都可做这些练习。
 - 如此练习 10 次，每天练习 5 至 10 次。
- 如果排尿时有灼烧感、疼痛或发烧，**请打电话给医生。**

便秘或腹泻

- 每天喝 6 至 8 杯流质。水、果汁和牛奶均可。
- 吃高纤食物，例如生的蔬菜水果、全谷物、高纤维带麸麦片和煮干豆。
- 医生允许时作一些运动。
- 未经医生允许，不得使用泻药、开塞露或非处方药。
- 如果便秘持续两天无好转，**打电话给医生。**

痔疮

- 大便要定时，保持大便柔软。
- 有便意时不要憋住，大便时不要太用力。
- 用冷敷来舒缓疼痛或肿胀。
- 如果疼痛加剧或肛门出血，**打电话给医生。**

腰痛

- 多休息。休息时垫住腰。采取左侧身姿势躺卧，膝盖间、腰后和腹下加靠枕。
- 坐姿时挺直身。不要采取懒坐姿势。
- 穿舒适的低跟步行鞋。
- 不要在一个地方站立太久，四处多走动。
- 捡东西时要蹲下而不要弯腰，用屈膝代替弯腰。
- 如果医生允许，可作运动。

Leg Cramps

Leg cramps are common in late pregnancy.

- Increase fluid, calcium and potassium intake in your diet. Eat foods such as milk, yogurt, bananas and orange juice.
- Rest often with your legs up during the day.
- Exercise if allowed by your doctor.
- During a leg cramp, straighten your leg and bend your foot toward the front of your leg.
- Wear low heeled, good walking shoes.
- **Call your doctor** if only one leg is hurting all the time, if there is a hot or reddened area on the leg, or if the leg hurts when you bend your foot toward the front of your leg.

Varicose Veins

Varicose veins are enlarged veins you may see on your legs.

- Avoid hose or girdles with elastic bands.
- Avoid standing or sitting for long periods of time.
- Take short rest breaks with your legs raised higher than your heart. Lie on your left side with a pillow between your legs and under your abdomen.
- Do not cross your legs or massage your legs or feet.

Vaginal Drainage

A change in vaginal drainage is normal.

- Bathe the outer vaginal area often. Use soap without perfume. Rinse well.
- Do not use tampons, vaginal sprays, douches, powders and colored or perfumed toilet paper.
- Wear cotton underwear. Avoid panty hose, girdles and tight pants.
- **Call your doctor** if the drainage has a bad odor, causes itching or there is blood.

腿抽筋

腿抽筋在妊娠晚期很常见。

- 增加饮食中流质、钙和钾的摄入量。多吃牛奶、酸奶、香蕉和橙汁等食物。
- 白天多将双腿翘起休息。
- 如果医生允许，可作运动。
- 腿抽筋时，伸直腿，向腿正面方向翘起脚板。
- 穿舒适的低跟步行鞋。
- 如果只有一条腿持续疼痛、腿的某个部位发热或红肿，或向腿正面方向翘起脚板时出现腿痛，**打电话给医生**。

静脉曲张

静脉曲张是指静脉变大，在腿上可看得见静脉。

- 避免穿长筒丝袜或有松紧带的收腹健美裤。
- 避免长时间保持站姿或坐姿。
- 腿放到高于心脏的位置，短时间休息。采取左侧身姿势躺卧，在两腿与腹下部之间放一个枕头。
- 不要采取两腿交叉的姿势，也不要按摩双腿或双脚。

阴道有流出物

阴道流出物发生变化是正常的。

- 经常清洗外阴。用不带香味的肥皂，用清水洗净。
- 不要用卫生栓、阴道喷雾剂、阴道冲洗器、阴道用粉剂或带颜色或香味的卫生纸。
- 穿纯棉内衣裤。不要穿长筒丝袜、收腹健美裤和紧身裤。
- 如果阴道流出物有异味，引起瘙痒或带血，**请打电话给医生**。

Headaches

- Call your doctor or nurse for over the counter medicines that are safe to take. **Do not** take aspirin, ibuprofen (Advil or Motrin) or naprosyn (Aleve).
- **Call your doctor** if your headache does not go away, you have blurred vision or dizziness, or a lot of swelling in your hands or feet.

Cold, Flu or a Virus

- Call your doctor or nurse for over the counter medicines that are safe to take.
- Avoid being around people who are ill. Wash your hands often.
- **Call your doctor** if you have a fever, shortness of breath or are coughing up sputum.
- **Call you doctor** if you are exposed to someone who has the chicken pox or strep throat.

Abdominal Pain or Contractions

- You may feel some pain in the groin area as your uterus grows. This pain can get worse with sudden movements or prolonged walking.
- **Call your doctor right away** if you have severe pain.
- Braxton Hicks Contractions are mild contractions that are painless and irregular. These are common and do not need treatment.
- When you have a contraction, lie on your left side and rest. Place your hands on your abdomen and feel when the contraction begins and ends. Time how often the contractions are coming.
- **If you are less than 9 months pregnant** and are having contractions, drink 8-10 glasses of water in one hour. If you still have 4 or more contractions in one hour after drinking the water, call your doctor.
- **If you are in your ninth month of pregnancy**, call your doctor if your contractions are occurring more than 6 per hour, last longer than 15-30 seconds, become painful, or you have vaginal bleeding or leak fluid.
- Your doctor may tell you to call right away if you have any contractions.

头痛

- 请向医护人员咨询可安全服用的非处方药。**切勿**服用阿斯匹林、布洛芬（Advil 或 Motrin）或萘普生（Aleve）。
- 如果头痛不消退，视力模糊或眩晕，或手脚严重浮肿，**请打电话给医生。**

感冒、流感或病毒

- 请向医护人员咨询可安全服用的非处方药。
- 避免接触病人。勤洗手。
- 如果发烧、喘不上气或咳痰，**请打电话给医生。**
- 如果接触了出水痘或得链球菌咽炎的人，**请打电话给医生。**

腹痛或宫缩

- 随着子宫变大，腹股沟部位可能会有疼痛感。如果身体突然移动或长时间步行，痛感可能会加剧。
- 如有剧烈疼痛，**立即打电话给医生。**
- 假宫缩是无规律的轻微无痛宫缩，是常见现象，不需要治疗。
- 发生宫缩后，左侧身躺下休息。手放在腹部，触摸宫缩什么时候开始和结束。记录宫缩的频率。
- **如果妊娠不满 9 个月时发生宫缩，一小时内饮 8 至 10 杯水。如果饮水后每小时的宫缩仍有 4 次或更多，请打电话给医生。**
- **妊娠进入第九个月后，如果宫缩超过每小时 6 次，每次持续超过 15 至 30 秒，开始疼痛，或阴道出血或有液体流出，请打电话给医生。**
- 医生可能嘱咐发生任何宫缩时都要立即给医生打电话。

Dizziness

- Lie on your left side.
- Change your position slowly.
- Get up slowly after you have been lying down.
- Eat regular meals.
- **Call your doctor** if it does not go away or happens often.

Sexual Relations

- It is common to have some changes in your sexual desire during pregnancy.
- Sexual intercourse is allowed during your pregnancy unless your doctor has told you otherwise.
- You may feel some cramping for a few minutes after sexual intercourse.

Changes in Mood or Thinking

- It is common to have mood swings from hormone changes in your body.
- You may notice that you are more forgetful. This is common. Make notes for yourself to help you remember important things.
- Tell your doctor if you have thoughts of harming yourself.

Food Cravings

You may have some unusual food cravings during pregnancy.

- Eat a variety of healthy foods at meals and for snacks.

Skin, Hair and Nails

- Your hair and nails may grow faster. If you plan to get your hair treated with chemicals, tell your hairdresser that you are pregnant.
- Common skin problems include changes in skin color, itchy skin, stretch marks and acne.
- **Call your doctor** if you have concerns.

Talk to your doctor or nurse if you have any questions or concerns.

眩晕

- 左侧身躺卧。
- 缓慢改变身体姿势。
- 躺卧休息结束后起身要慢。
- 进餐要定时。
- 如果眩晕持续不消退或经常发生，请打电话给医生。

性关系

- 妊娠期间性欲经常会发生变化。
- 如果医生没有明言禁止，妊娠期间允许性生活。
- 性交后，可能会有几分钟的痉挛。

情绪或思维的改变

- 因体内激素发生变化，情绪波动很常见。
- 孕妇可能会比妊娠前健忘。这是正常现象。有重要的事情，可以写下来。
- 如果有自伤的念头，要告诉医生。

食欲

妊娠期间可能会特别想吃一些平时不常吃的东西。

- 正餐和吃零食时，吃各种健康食物。

皮肤、头发和指甲

- 妊娠期间头发和指甲可能会长得很快。如果想做化学染发烫发，要告诉美发师您已经怀孕。
- 常见的皮肤问题包括皮肤颜色发生变化、皮肤瘙痒、妊娠纹和痤疮。
- 如果不放心，请打电话给医生。

如果有任何疑问或担心，请咨询医生或护士。

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