

# 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.

# 妊娠期的關注事項和不適

妊娠期間，隨著身體發生變化，孕婦可能會有一些關注事項和不適。遇到這種情況，可按本文提供的基本提示去做，並諮詢醫護人員的意見。在沒有徵求醫生意見的情況下，切勿服用任何非處方藥物或草藥。

## 噁心

噁心或胃部不適經常稱為晨吐。在妊娠的頭 14 週內，晨吐很常見。

- 早晨起床前可試著吃一些餅乾、烤麵包片或麥片粥。白天無論什麼時候感到噁心，都可用這些食物來緩解。
- 少食多餐，改變每日三餐，每次吃很多的習慣。
- 不要讓胃全空。
- 進食後不要立即躺臥。
- 避免高脂肪、油炸、辛辣或油膩的食物。
- 避免氣味重的食物。
- 如果嘔吐流質超過 24 小時，尿色發暗或感覺虛弱或眩暈，請打電話給醫生。

## 疲勞

疲勞很常見。

- 若醫生同意，可每天運動以增強體力。
- 多休息。白天至少左側躺臥休息一小時。

## 睡覺困難

隨著身體變大，可能難以舒服入睡。

- 避免含咖啡因的飲料。
- 臨睡前不要吃東西。
- 睡前洗個溫水澡或淋浴。
- 作放鬆練習，例如入靜、深呼吸和伸展身體。
- 左側躺臥，在兩腿與下腹部之間放一個枕頭。

## **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.

## 牙齦出血

- 用軟牙刷，刷牙動作要輕。每天用牙線清潔牙齒。

## 鼻子堵塞和鼻出血

- 用鹽水或凝膠滴入鼻孔。
- 鼻出血時，坐直身體，用手指壓緊出血的鼻孔。

## 乳房觸痛或有乳汁溢出

- 戴質量好的乳罩，不要太緊，例如運動乳罩。
- 晚上睡覺時戴沒有鋼絲圈的乳罩。
- 如果有乳汁溢出，在乳罩內加乳墊。

## 燒心

燒心是指胃、喉或胸部有灼燒感。

- 避免咖啡因、奶製品、油膩食物、酸性食物或辛辣食物。
- 每隔 2-3 小時少量進餐一次。進食要慢。
- 吃東西後 1 小時內不要躺臥。
- 不要穿緊身衣。
- 不要彎腰。需要彎腰時，用屈膝代替。
- 吃東西後至少 2 小時內不要運動。
- 睡覺時，多墊一個枕頭。
- 不要吸菸。

## 手腳浮腫

- 避免長時間站立或保持坐姿。
- 左側身躺臥，每天 3 至 4 次，每次 30 至 60 分鐘。
- 醫生同意時可作運動。
- 不要吃太鹹的食物。
- 如果連續幾天早晨醒來後手腳浮腫，請打電話給醫生。

## 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.

## 尿頻

尿頻很常見。

- 不要限制流質或水的攝入量，但睡前少喝水。
- 經常排尿。
- 避免含咖啡因的流質。
- 做 Kegel 練習，以加強和控制陰道附近的肌肉。
  - 小便時，可有意停止排尿，然後繼續排尿，感受這些肌肉的位置。
  - 每次稍微收緊這些肌肉，然後慢慢地放鬆。
  - 收緊肌肉時，應可感覺到尿道（排尿處）微微擡高。
  - 坐、立、走路、開車或看電視時，都可做這些練習。
  - 如此練習 10 次，每天練習 5 至 10 次。
- 如果孕婦排尿時有灼燒感、疼痛或發燒，請打電話給醫生。

## 便秘或腹瀉

- 每天喝 6 至 8 杯流質。水、果汁、牛奶均可。
- 吃高纖食物，例如生的蔬菜水果、全穀物、高纖維帶殼麥片和煮幹豆。
- 醫生允許時作一些運動。
- 未經醫生允許，不得使用瀉藥、開塞露或非處方藥。
- 如果便秘持續兩天無好轉，打電話給醫生。

## 痔瘡

- 大便要定時，保持大便柔軟。
- 有便意時不要憋住，大便時不要太用力。
- 用冷敷來舒緩疼痛或腫脹。
- 如果疼痛加劇或肛門出血，打電話給醫生。

## 腰痛

- 多休息。休息時墊住腰。採取左側身姿勢躺臥，膝蓋間、腰後和腹下加靠枕。
- 坐姿時挺直身。不要採取懶坐姿勢。
- 穿舒適的低跟步行鞋。
- 不要在一個地方站立太久，四處多走動。
- 撿東西時要蹲下而不要彎腰，用屈膝代替彎腰。
- 如果醫生允許，可運動。

## 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見。

- 增加飲食中流質、鈣和鉀的攝入量。多吃牛奶、酸奶、香蕉、橙汁等食物。
- 白天多將雙腿翹起休息。
- 如果醫生允許，可運動。
- 腿抽筋時，伸直腿，向腿正面方向翹起腳板。
- 穿舒適的低跟步行鞋。
- 如果只有一條腿持續疼痛、腿的某個部位發熱或紅腫，或向腿正面方向翹起腳板時出現腿痛，**打電話給醫生**。

## 靜脈曲張

靜脈曲張是指靜脈變大，在腿上可看得見靜脈。

- 避免穿長筒絲襪或有鬆緊帶的收腹健美褲。
- 避免長時間保持站姿或坐姿。
- 將腿放到高於心臟的位置，短時間休息。採取左側身姿勢躺臥，在兩腿與腹下部之間放一個枕頭。
- 不要採取兩腿交叉的姿勢，也不要按摩雙腿或雙腳。

## 陰道有流出物

陰道流出物發生變化是正常的。

- 經常清洗外陰。用不帶香味的肥皂，用清水洗淨。
- 不要用衛生栓、陰道噴霧劑、陰道沖洗器、陰道用粉劑或帶顏色或香味的衛生紙。
- 穿純棉內衣褲。不要穿長筒絲襪、收腹健美褲和緊身褲。
- 如果陰道流出物有異味，引起瘙癢或帶血，**請打電話給醫生**。

## 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.

## 頭痛

- 請向醫護人員諮詢可安全服用的非處方藥。**切勿**服用阿斯匹林、布洛芬（Advil 或 Motrin）或萘普生（Aleve）。
- 如果頭痛不消退，視力模糊或眩暈，或手腳嚴重浮腫，**請打電話給醫生**。

## 感冒、流感或病毒

- 請向醫護人員諮詢可安全服用的非處方藥。
- 避免接觸病人。勤洗手。
- 如果發燒、喘不上氣或咳痰，**請打電話給醫生**。
- 如果接觸了出水痘或得鏈球菌咽炎的人，**請打電話給醫生**。

## 腹痛或宮縮

- 隨著子宮變大，腹股溝部位可能會有疼痛感。如果身體突然移動或長時間步行，痛感可能會加劇。
- 如有劇烈疼痛，**立即打電話給醫生**。
- 假宮縮是無規律的輕微無痛宮縮，是常見現象，不需要治療。
- 發生宮縮後，左側身躺下休息。手放在腹部，觸摸宮縮什麼時候開始和結束。記錄宮縮的頻率。
- **如果妊娠不滿 9 個月時發生宮縮**，一小時內飲 8 至 10 杯水。如果飲水後每小時的宮縮仍有 4 次或更多，請打電話給醫生。
- **妊娠進入第九個月後**，如果宮縮超過每小時 6 次，每次持續超過 15 至 30 秒，開始疼痛，或陰道出血或有液體流出，請打電話給醫生。
- 醫生可能囑咐發生任何宮縮時都要立即給醫生打電話。

## **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.**

## 眩暈

- 左側身躺臥。
- 緩慢改變身體姿勢。
- 躺臥休息結束後起身要慢。
- 進餐要定時。
- 如果眩暈持續不消退或經常發生，請打電話給醫生。

## 性關係

- 妊娠期間性欲經常會發生變化。
- 如果醫生沒有明言禁止，妊娠期間允許性生活。
- 性交後，可能會有幾分鐘的痙攣。

## 情緒或思維的改變

- 因體內激素發生變化，情緒波動很常見。
- 孕婦可能會比妊娠前健忘。這是正常現象。有重要的事情，可以寫下來。
- 如果有自傷的念頭，要告訴醫生。

## 食欲

妊娠期間可能會特別想吃一些平時不常吃的東西。

- 正餐和吃零食時，吃各種健康食物。

## 皮膚、頭髮和指甲

- 妊娠期間頭髮和指甲可能會長得很快。如果想做化學染發燙髮，要告訴美髮師您已經懷孕。
- 常見的皮膚問題包括皮膚顏色發生變化、皮膚瘙癢、妊娠紋和痤瘡。
- 如果不放心，請打電話給醫生。

如果有任何疑問或擔心，請諮詢醫生或護士。

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