

妊娠期的关注事项和不适

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. Some women also have heartburn or a burning sensation in their stomach, throat or chest. This is common during the first 14 weeks of pregnancy. To improve your signs:

- 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, sleeping or exercising for 1 hour after eating.
- Avoid high fat, fried, spicy, acidic or greasy foods. Avoid caffeine.
- Sleep with your head raised up on a pillow.
- When bending over, bend at your knees and not your waist
- **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.

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，可尝试本文提供的基本提示，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

恶心或胃部不适通常称为晨吐。某些妇女也患有烧心或胃、喉或胸部有灼烧感。在妊娠的前 14 周内，晨吐较为常见。要改善您的症状：

- 早晨起床前可试着吃一些饼干、烤面包片或麦片粥。白天无论何时感到恶心，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。
- 饭后 1 小时内不要平躺、睡觉或运动。
- 避免高脂肪、油炸、辛辣、酸性或油腻的食物。避免咖啡因。
- 睡觉时，头应枕在枕头上。
- 俯身时，应弯曲膝盖，而不是腰部。
- 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。**

Exercise, Energy and Sleep

Feeling tired is common, but exercise can help to strengthen muscles during pregnancy and for delivery. To improve your energy:

- Exercise each day if allowed by your doctor. Talk with your doctor about the type of exercise you are doing.
- Exercise for at least 30 minutes 4 to 5 days of the week, if you are allowed to exercise. Talk with your doctor before starting a new exercise program.
- Rest often. Lie down on your left side for at least 1 hour during the day to increase blood flow to your baby. A pillow between your legs and under your abdomen may increase comfort.
- If you have trouble sleeping, try a warm (not hot) bath or shower before bedtime. You may also want to practice relaxation exercises such as meditation, deep breathing and stretching.

Oral Health

- Visit a dentist at least 1 time during pregnancy.
- Tell your dentist if you have gum or teeth problems.
- Use a soft toothbrush and brush gently. Floss each day.
- If you have vomiting from nausea, rinse your mouth with 1 cup of water mixed with 1 teaspoon of baking soda. This will get rid of stomach acid in the mouth.
- Do not use tobacco products.

Headaches and Dizziness

- For a headache, call your doctor or nurse for over the counter medicines that are safe to take. **Do not** take aspirin, ibuprofen (Advil or Motrin) or naproxen (Aleve).

运动、体力和睡眠

感觉疲惫很正常，运动却有助于在怀孕和分娩时增强肌肉力量。要改善体力：

- 如果医生允许，可每天进行运动。向医生咨询您正在采用的运动方式。
- 如果获得医生的允许，可每周锻炼 4 至 5 天，每天锻炼 30 分钟以上。开始新的锻炼计划之前，请咨询医生。
- 多休息。白天至少左侧躺卧休息一小时以增加胎儿的供血量。在双腿间和腹部下方放一个枕头会更加舒服。
- 如果您有睡眠障碍，可在就寝前尝试泡温水澡（非热水）或淋浴。您也可以进行一些放松运动，例如冥想、深呼吸和肢体伸展练习。

口腔健康

- 妊娠期间应至少看一次牙医。
- 如果您患有牙龈或牙齿疾病，请告知牙医。
- 用软牙刷，刷牙动作要轻。每天用牙线清洁牙齿。
- 如果您出现恶心呕吐，用含有一茶勺小苏打的水漱口。这可以清除口腔中的胃酸。
- 不要吸烟。

头痛和头晕

- 如果头痛，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）。

- If you feel dizzy, sit or lie down to avoid falling. Get up slowly after 15 minutes to see if the dizziness has passed.
- Change positions slowly when you have a headache or feel dizzy.
- **Call your doctor** if your headache or dizziness does not go away or gets worse, or you have blurred vision, eye pain or pressure, or a lot of swelling in your hands or feet.

Nose Stuffiness and Nose Bleeds

- You may put saline drops or gel into your nose. Talk with your doctor before taking any other over the counter medicines.
- To stop a nosebleed, sit up, lean your head forward and apply firm pressure with your fingers to the side of the nose that is bleeding. Get medical care if the bleeding lasts longer than 20 minutes.

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, acne and stretch marks. Topical lotions or ointments may be used for itchy skin or reduce the appearance of stretch marks.
 - Do not use Accutane or Retin-A products when pregnant.
- **Call your doctor** if you have concerns.

Breasts are tender or leak milk

- Wear a support bra that fits comfortably, such as a sports bra. Some women also wear a bra without underwire to bed at night.

- 如果感觉头晕，坐下或躺下以防止摔倒。15 分钟后慢慢起来，看头晕是否已经过去。
- 头痛或头晕时，改变位置时动作要缓慢。
- 如果头痛或头晕症状未消失或者加剧，或您感觉视线模糊、眼睛疼痛或有紧迫感，或手心或脚心大量出汗，**请致电您的医生**。

鼻塞和鼻出血

- 用盐水或凝胶滴入鼻孔。在服用任何其他非处方药之前，请向医师咨询。
- 鼻出血时，坐直身体，头向前倾，用手指压紧出血的鼻孔。如果出血持续 20 分钟以上，应进行医疗救治。

皮肤、头发和指甲

- 妊娠期间头发和指甲可能会长得很快。如果想用化学药剂染发烫发，要告诉美发师您已怀孕。
- 常见的皮肤问题包括皮肤颜色发生变化、皮肤瘙痒、痤疮和妊娠纹。可使用外用洗液或药膏解决皮肤瘙痒或减少妊娠纹。
 - 怀孕时，不要使用青春痘特效药或全反维生素 A 酸。
- 如果不放心，**请打电话给医生**。

乳房触痛或有乳汁溢出

- 穿戴尺寸合适的支撑型乳罩，例如运动型乳罩。有些妇女在晚上睡觉时戴没有钢丝圈的乳罩。

- If your breasts leak milk, wear nursing pads in your bra and change them when you feel or think you are damp.
- Tell your doctor if you feel a lump or have any nipple changes.

Urinating Often or Urine Leaks

You may have to pass urine more often throughout your pregnancy. Leaking urine is common during the last months of pregnancy. Urine leaks happen with coughing, sneezing, picking up heavy objects or sexual activity during pregnancy.

- Do not limit liquid or water intake, but 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.
- **Call your doctor** if you think you may be leaking amniotic fluid and not urine. Lie down for 30 minutes with an absorbent pad. If you feel liquid when standing up, and it is yellow, pink or brown in color, call your doctor.

- 如有乳汁溢出，在乳罩内加防溢乳垫，感到垫子潮湿后进行更换。
- 如果你感觉乳房有肿块或乳头有任何变化，请告诉医生。

尿频或遗尿

在整个孕期，您可能都需要经历小便频繁的过程。在怀孕最后几个月，遗尿是很正常的现象。怀孕期间，在咳嗽、打喷嚏、抬起重物或性交时都可能发生漏尿。

- 不要限制流质或水的摄入量，但睡前应少喝水。
- 经常排尿。
- 避免食用含咖啡因的流质。
- 进行凯格尔骨盆练习(Kegel)，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。
 - 尝试每次将肌肉收紧一些。然后慢慢放松。
 - 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。**
- 如果您认为您可能是羊水已破，而不是漏尿，请致电医生。带上吸水垫躺下 30 分钟。如果您在站立时感觉有液体流出，而且液体呈黄色、粉色或棕色，**请致电医生。**

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 nylons or panty hose and tight pants.
- **Call your doctor** if the drainage has a bad odor, causes itching or there is blood.

Constipation or Diarrhea

Constipation is very common in pregnancy from changes in body hormones. Diarrhea can be from changes in diet, exercise or prenatal vitamins, or an infection.

Constipation

- 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.
- 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.

Diarrhea

- Drink 8 to 12 cups of water, broth, or sports drinks that are low in sugar. Avoid juices and milk that can make diarrhea worse. Avoid caffeine and alcohol.
- Eat bananas, rice, applesauce, toast, yogurt, non-milk based soups, potatoes, crackers, oatmeal, low sugar and low fiber cereals, and lean protein, such as chicken, turkey, beef, pork, cooked eggs or tofu.

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。使用不含香精的肥皂。彻底清洗。
- 不要用卫生棉条、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。
- 穿着棉制内衣。不要穿尼龙袜或连裤袜以及紧身裤。
- 如果阴道流出物有异味，引起瘙痒或带血，**请致电医生**。

便秘或腹泻

妊娠期间，由于体内荷尔蒙的改变，通常会引起便秘。饮食、运动的改变或孕妇维生素或感染可能会引起腹泻。

便秘

- 每天喝 6 至 8 杯流质。水、果汁、牛奶均可。
- 吃高纤食物，如生的蔬菜水果、全谷物、高纤维带麸麦片和煮干豆。
- 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，**请致电医生**。

腹泻

- 饮用 8 到 12 杯水、肉汤或低糖运动型饮料。不要饮用可加重腹泻的果汁和牛奶。避免饮用咖啡因和酒精。
- 食用香蕉、米饭、苹果酱、土司面包、酸奶、无乳糖汤类、土豆、饼干、燕麦粥、低糖低纤维谷类和瘦肉蛋白质，例如鸡肉、火鸡、牛肉、猪肉、煎蛋或豆腐。

- **Call your doctor** if diarrhea does not get better in 2 days, have pain or cramps that get worse, or are bleeding from the rectum. If you have diarrhea 2 days or more, use an oral rehydration product, such as Pedialyte®.

Hemorrhoids

Hemorrhoids are swollen blood vessels in the rectal area from constipation or pressure of the baby on the body during pregnancy.

- Eat whole grain and high fiber foods, such as raw fruits and vegetables. Drink more water and fruit juice in moderation to 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.
- Talk with your doctor about using a topical cream or witch hazel to reduce pain
- **Call your doctor** if your pain increases or if you have bleeding.

Back Pain and Leg Cramps

Most women have back pain as the body changes with your baby's growth. Leg cramps are common during pregnancy.

Back pain

- When resting or sleeping, 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, walking shoes.
- Do not stand in one place too long. Change body positions every 30 minutes.

- 如果两日内腹泻没有好转，且出现腹痛和痉挛，或直肠出血，**请致电医生**。如果连续腹泻 2 天以上，请使用口服补充液，例如 Pedialyte®。

痔疮

痔疮是指直肠内血管肿胀，可能因便秘或孕期胎儿压迫引起。

- 应食用全麦或高纤维食物，例如生水果和蔬菜。多喝水，饮用适量果汁，以保持有规律的排便和软化大便。
- 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。
- 要使用外用膏剂或金缕梅酊剂缓解疼痛，请先向医生咨询。
- 如果疼痛加剧或肛门出血，**请致电医生**。

背痛和腿抽筋

随着胎儿在母体内逐渐长大，大多数孕妇会感觉到背痛。怀孕期间腿抽筋是一种常见现象。

背痛

- 在休息和睡觉时，可使用支撑型床垫。采取左侧身姿势躺卧，膝盖间、腰后和腹下加靠枕。
- 站立姿势时挺直身。不要采取懒散的站姿。
- 穿低跟步行鞋。
- 不要在一个地方站立太久。每 30 分钟改变一次姿势。

- Squat to pick up objects rather than bending at the waist. Do not bend over at the waist. Bend your knees.

Leg cramps

- 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. Place a pillow under knees and ankles when sitting or lying down.
- During a leg cramp, straighten your leg and bend your foot up toward the front of your leg to gently stretch the muscles.
- **Call your doctor** if only one leg is hurting all the time, if there is a hot or red 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. They can itch, be painful or cause tingling in the legs.

- Avoid nylons or panty hose with elastic bands.
- Wear low heeled or athletic shoes. Avoid high heels.
- If you must stand for long amounts of time, consider wearing support hose to improve blood flow from the legs back to the heart.
- 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 when sitting.

Swelling of Hands and Feet

- Avoid standing or sitting for long periods of time.
- Lie on your left side for 30 to 60 minutes, 3 to 4 times each day.

- 蹲下拾起物体，而不是弯腰。不要弯腰。需要弯腰时，用屈膝代替。

腿抽筋

- 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。坐下或躺下时，在膝盖和脚踝下放一个枕头。
- 腿抽筋时，伸直腿，向腿正面方向翘起脚板，轻轻舒展肌肉。
- 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，**请致电医生**。

静脉曲张

静脉曲张是指静脉变大，在腿上可以看到静脉。可能出现发痒、疼痛或引起腿部发麻。

- 不要穿带松紧带的尼龙袜或连裤袜。
- 穿低跟鞋或运动鞋。不要穿高跟鞋。
- 如果必须长时间站立，可以穿护腿长统袜以增加小腿到心脏的血液流通。
- 将腿放到高于心脏的位置，短时间休息。采取左侧卧位躺下，在两腿与腹部下方之间放一个枕头。
- 坐着时，不要翘起二郎腿。

手脚浮肿

- 避免长时间保持站姿或坐姿。
- 左侧身躺卧，每天 3 至 4 次，每次 30 至 60 分钟。

- Exercise if allowed by your doctor.
- Avoid foods high in salt.
- Drink 8 to 10 glasses of fluid each day.
- Ask your doctor about support hose.
- **Call your doctor** if you wake up in the morning a few days in a row with swelling.

Cold, Flu or a Virus

- Talk with your doctor about getting a vaccine to protect you from the flu. **When pregnant, you need the injection (shot) and not the nasal spray.**
- Call your doctor or nurse for over the counter medicines that are safe to take if you get a cold or have the flu.
- 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.

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 long and how often the contractions are coming.

- 如果医生允许，可进行运动。
- 不要吃太咸的食物。
- 每天喝 8 到 10 杯液体。
- 向医生咨询是否可穿弹力护腿长袜。
- 如果连续几天早晨醒来后手脚浮肿，**请致电医生。**

感冒、流感或病毒

- 打防流感疫苗之前，请向医生咨询。**怀孕期间，您需要注射而不是使用喷鼻剂。**
- 如果患有感冒或流感，请向医生或护士咨询可以使用哪些非处方药。
- 避免接触病人。勤洗手。
- 如果发烧、喘不上气或咳嗽，**请致电医生。**

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，**立即致电医生。**
- 假性宫缩是一种不规律的轻微宫缩，没有痛感。这是种常见现象，无需治疗。
- 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。记录宫缩的时间和频率。

- **If you are less than 9 months pregnant** and are having contractions, drink 8 to 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 to 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.

Sexual Activity

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. Tell your partner what feels comfortable.
- Practice safe sex if you or your partner has a sexually transmitted infection.
- You may feel some cramping for a few minutes after sexual intercourse.
- **Call your doctor** if after sexual intercourse you have vaginal bleeding, leak urine or your water breaks.

Changes in Mood and Memory

It is common to have mood swings from hormones, changes in sleep or eating patterns, or stress during pregnancy.

- It is normal to have different emotions during pregnancy. You may be excited about the birth of your baby, but worry how your life will change. Ask your partner, family and friends for emotional support.

- **如果妊娠不满 9 个月时发生宫缩**，在一小时内饮 8 至 10 杯水。如果饮水后每小时的宫缩仍有 4 次或更多，请致电医生。
- **妊娠进入第九个月后**，如果宫缩每小时超过 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，请致电医生。
- 医生可能嘱咐过，发生任何宫缩时都要立即给他们打电话。

性行为

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。告诉您的伴侣如何才能感觉舒适。
- 如果您的伴侣患有性传播疾病，请安全进行性行为。
- 性交后，可能会有几分钟的轻微痉挛。
- 如果在性行为后发生阴道出血、漏尿或羊水破裂，**请致电医生**。

情绪和记忆力变化

妊娠期间，由于荷尔蒙、睡眠或饮食模式或压力的改变，孕妇往往会出现情绪波动。

- 妊娠期间情绪变化很正常。您可能会因宝宝的出生而感到激动，但随后又会担心生活的变化。在情绪变化时，请您的伴侣、家人和朋友给予支持。

- Manage stress in your life. Deep breathing, meditation, listening to music, exercise, and massage can help to reduce stress.
- If you have trouble eating and sleeping, this can change how you feel. Talk with your doctor and a dietitian to get help.
- You may notice that you are more forgetful. Make notes for yourself to help you remember important things. This should improve after the birth of your baby.
- **Call your doctor** if you have thoughts of harming yourself or others, or feel you may have depression.
- 应懂得处理压力。深呼吸、冥想、听音乐、运动和按摩都有助于您释放压力。
- 无法保证正常进食和睡眠也会影响您的心情。向医生和营养学家咨询以获得帮助。
- 孕妇可能会比妊娠前健忘。有重要的事情，可以写下来。这种情况应在您分娩后有所改善。
- 如果您产生伤害自己或他人的想法，或感到沮丧，**请致电医生**。

Food Cravings and Aversions

You may crave foods during pregnancy while the smell or taste of other foods may cause nausea.

- Eat a variety of healthy foods at meals and for snacks, include fresh fruits and vegetables, whole grains and lean protein. Avoid foods high in sugar, fat or salt and make healthier choices.
- Take a prenatal vitamin each day.

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

嗜食和厌食

在妊娠期间，您可能总想吃东西，或在闻到或尝到其他食物时感到反胃。

- 吃正餐和点心时，应保持种类丰富，包括新鲜水果和蔬菜、全麦食物和瘦肉蛋白质。不要食用高糖、高脂或高盐分食物，请选择健康的饮食。
- 每日服用产前维他命。

如果您有任何疑问或关注，请与您的医生或护士讨论。