

my body

easing discomforts in pregnancy

Fever	What is normal	A fever below 101° F degrees when your body is fighting a mild infection, such as a cold.
	What helps	For Colds: <ul style="list-style-type: none"> ● Dextromethorphan (Robitussin®)* ● Guaifenesin (Mucinex® [plain])* ● Vicks Vapor Rub® mentholated cream ● Mentholated or non-mentholated cough drops ● Pseudoephedrine ([Sudafed®] after 12 weeks of pregnancy)* ● Acetaminophen (Tylenol®) ● Saline nasal drops or spray
	When to reach out	A fever equal to or higher than 101° F, which can signal a more serious infection.
Aching	What is normal	You may have rare, mild cramps. You may experience a backache because pregnancy hormones loosen pelvic joints and your center of gravity moves forward. This can strain your back and cause aching.
	What helps	Massage and physical therapy can help. Proper lifting techniques are important for avoiding injury.
	When to reach out	Consistent or severe cramping or abdominal pain.
Nose issues	What is normal	More blood flow often leads to bloody noses or nasal congestion.
	What helps	Saline nasal spray can help. For allergies, try: <ul style="list-style-type: none"> ● Diphenhydramine (Benadryl®) ● Loratadine (Claritin®) ● Cetirizine (Zyrtec®)
	When to reach out	If you have a bloody nose that won't stop after 10 minutes.

Tiredness	What is normal	Your body's working overtime to help your pregnancy progress, so you might feel tired or more out of breath when doing normal activities. Insomnia, which is very common during pregnancy, can also contribute to feeling tired.
	What helps	Getting enough sleep, staying well-hydrated (drinking at least five 8oz glasses of water per day) and taking your prenatal vitamins can help you feel your best. Ask family and friends for help when you need it. Trouble Sleeping? <ul style="list-style-type: none"> ● Diphenhydramine (Benadryl®) ● Doxylamine (Unisom)
	When to reach out	Pain in your chest or trouble breathing when you're resting.

Vagina	What is normal	Vaginal discharge is normal, thick or thin liquid that comes from your vagina. This may increase throughout pregnancy and even more so in the third trimester. Pregnant people get more yeast infections, which can cause thick, white vaginal discharge that is very itchy.
	What helps	Yeast infections: <ul style="list-style-type: none"> ● Miconazole (Monistat®) ● To prevent yeast infections, limit sugar and eat yogurt for live active probiotics.
	When to reach out	<ul style="list-style-type: none"> ● Touch base with your midwife before taking over-the-counter yeast infection meds. ● Itchy or bad-smelling vaginal discharge. ● Steady leakage of watery discharge that could mean your water has broken. ● Any vaginal bleeding.

Dizziness	What is normal	Your blood can pool after sitting or lying down for a long time. Standing up too quickly may cause dizziness, particularly if you're dehydrated.
	What helps	To prevent injury, stand up slowly and hold onto a wall or a stable piece of furniture for support.
	When to reach out	<ul style="list-style-type: none"> ● If you fall, call your midwife. ● If your dizziness is severe enough to interfere with daily activities.

Peeing	What is normal	You are likely to urinate more often than before you became pregnant.
	When to reach out	If you feel pain or burning while peeing.

Digestion	What is normal	Occasional vomiting or diarrhea. Constipation is also common as pregnancy hormones slow down digestion. This constipation can increase pressure in your rectum and make hemorrhoids common in late pregnancy. Heartburn can result from pregnancy hormones and pressure on your stomach.
	What helps	<p>Diarrhea:</p> <ul style="list-style-type: none"> ● Loperamide ([Imodium®] after 12 weeks of pregnancy, for 24 hrs only) ● Nausea and Vomiting: ● Vitamin B6 ● Doxylamine (Unisom®) <p>Constipation:</p> <ul style="list-style-type: none"> ● Increasing fluids, exercising often, and increasing the fiber in your diet can help ● Methylcellulose fiber (Citrucel®) ● Psyllium (Fiberall®, Metamucil®) ● Polycarbophil (FiberCon®) ● Polyethylene glycol (MiraLAX®)* <p>Hemorrhoids:</p> <ul style="list-style-type: none"> ● Avoiding constipation and straining may help to prevent hemorrhoids. ● Phenylephrine/mineral oil/petrolatum ● (Preparation H®) ● Witch hazel (Tucks® pads or ointment) can soothe, but may sting or burn those with sutures <p>Heartburn:</p> <ul style="list-style-type: none"> ● Avoid lying down right after eating and try eating smaller, more frequent meals. ● Famotidine (Pepcid AC®) ● Aluminum hydroxide/magnesium hydroxide (Maalox®) ● Calcium carbonate/magnesium carbonate (Mylanta®) ● Calcium carbonate (Titalac®, Tums®) ● Ranitidine (Zantac®)
	When to reach out	<ul style="list-style-type: none"> ● If you are unable to stay hydrated or keep water down. ● If you experience heavy bleeding from hemorrhoids.

Swelling	What is normal	You may have swelling in your feet that improves when you rest and put your feet up. Increased pressure in your pelvis can cause veins in your legs and vaginal opening to swell.
	What helps	Knee-high support hose can help.
	When to reach out	Swelling in your hands, fingers, or face, one leg swollen more than the other, sudden severe swelling, rapid weight gain.

Skin	What is normal	Hormone changes in pregnancy can lead to blotchy patches on your face, forehead, or cheeks. Skin around your nipples may get darker too. In addition, a dark line might appear down the middle of your stomach. Most of this usually fades after birth. Rashes can occur, just like before you were pregnant. Pregnant people get more yeast infections, which can cause thick, white vaginal discharge that is very itchy.
	What helps	Using sunscreen can reduce the amount of darkening that happens. Rashes: <ul style="list-style-type: none"> ● Diphenhydramine cream (Benadryl®) ● Hydrocortisone cream or ointment ● Oatmeal bath (Aveeno®) First Aid Ointment: <ul style="list-style-type: none"> ● Neomycin/polymyxin B/bacitracin (Neosporin®) Insect repellent: <ul style="list-style-type: none"> ● N,N-diethyl-meta-toluamide (DEET®)
	When to reach out	<ul style="list-style-type: none"> ● Severe or unexplained itching ● If you have a rash that doesn't improve with the treatments listed here.

Gums	What is normal	Pregnancy causes increased blood flow, which can make gums spongy, causing them to bleed.
	What helps	Continue to take care of your teeth and gums and go to the dentist for regular checkups and to get your teeth cleaned.
	When to reach out	Heavy bleeding from your gums or tooth pain

Headache	What is normal	Pregnancy hormones can cause headaches, especially < 12 weeks
	What helps	Rest, balanced nutrition and hydration can help. <ul style="list-style-type: none"> ● Acetaminophen (Tylenol®) ● Magnesium oxide for migraines ● Riboflavin for migraines
	When to reach out	If you have severe headaches

Source: <https://www.chop.edu/conditions-diseases/common-discomforts-during-pregnancy>