



NIRMAL MEDICAL CENTRE PRESENTS

Common complaints during pregnancy



Q) Can I do anything about stretch marks?

A)

- Stretch marks are red marks that appear on thighs, stomach, and breasts because of the elasticity of the skin.
- No creams or jellies can avoid stretch marks.
- Try not to put on weight rapidly, and avoid scratching your skin.
- You can massage coconut oil or moisturizer to soothe the skin; it will make your skin soft but will not help in removing marks.



Q) What should I do to reduce swelling in pregnancy?

A) To reduce swelling, drink plenty of water, avoid excessive salt intake, elevate your legs while sitting, wear comfortable shoes, and engage in light physical activity like walking. If swelling is sudden or severe, consult your doctor immediately.



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Clinic Address:
65, IGNOU Main Rd, near Anupam
Apartments, Saidulajab, Sainik
Farm, New Delhi, Delhi 110068



for further information visit:
www.nirmalmedicalcentre.in



**NIRMAL MEDICAL
CENTRE**

Q) What are the signs & symptoms that I must report immediately to the doctor?

A) Bleeding, excessive vomiting, severe pain in the abdomen, sudden swelling of feet, hands, or face.

Frequent uterine contractions from 20-36 weeks, leak of fluid from the vagina, decreased fetal movement, severe headache, or blurring of vision, fever.



Q) Doctor, I am having leg cramps, what shall I do?

A) Foot massage, application of local heat, calcium, and vitamin supplements, foot end elevation.

If you have a sitting job, walk for 15 minutes every hour. Keep foot support underneath your table or put a stool or overturn your dustbin and keep your feet on it.



Q) I am severely constipated, what shall I do?

A) Drink lots of water, exercise regularly, take iron capsules on a full stomach. Take isabgol, plenty of fruits and salad with the peel, dals with chilka, and eat your chapatti with chana.



Q) How do I prevent heartburn?

A)

- Heartburn is a strong burning pain in the center of the chest, usually in the first and last three months.
- Avoid huge, spicy fried food, do not sit or lie down immediately after eating food, for at least 15 minutes after each meal.
- Avoid excessive ghee.
- Antacid (Digene or Ulgel) can help.
- Sleeping in a semi-reclining position with a pillow.



The nine month period is full of excitement & apprehension especially if it is the first time. This leaflet is an attempt to tell you to cope with common complaints of Pregnancy. One thing is to be absolutely clear that there is no need to stop normal activity or leave a job, as pregnancy is a perfectly normal phenomenon.

What are symptoms of pregnancy?

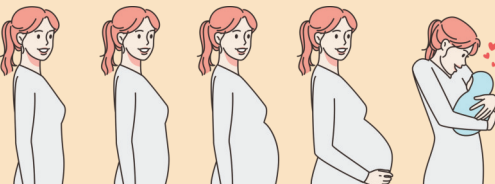
- Cessation of menstruation.
- Morning sickness - Nausea on rising from bed - to vomiting.
- Breast may start feeling more tender to touch.
- You may have to go to the bathroom more often
- Change in your hormones can cause you feel more tired than usual.
- Increases sleep.
- Increase vaginal discharge
- Mood swings
- Bitter taste in mouth or increased spitting
- Bloatiness in abdomen
- Headaches
- Strange cravings
- Stretching pain lower abdomen as if a period



I am having lot of nausea and vomiting, what shall i do?

It is a very common Symptom in first Trimester of Pregnancy.

- Have small frequent meals - every two hours.
- Eat small meals
- Take small Tiffins to office - Biscuits, Fruits, Channa & Gur, Dry Fruits, Dates, Sprouts, Coconut Water, Lassi
- Avoid Chilly & Spicy Food
- Ginger juice and honey of ginger tea is also beneficial.



Some mothers have vomiting Immediately on getting up in morning how to prevent it?

- The movement you getup in morning have two biscuits or two toast and te down for thirty minutes.
- Do your morning house hold routine and have a small meals.
- Brush your teeth by 10:00 a.m

FREQUENTLY ASKED QUESTIONS ???

Q)Some patient vomits the movement they put the brush in their mouth? A)The patient should clean the teeth with finger and not to clean tongue.



Q)Can I have Banana & Papaya in pregnancy? A)Banana & papaya allowed in pregnancy as they are good source of fiber and they avoid constipation.



Q)What food to avoid in pregnancy?A)There is no food which should be avoid in pregnancy, there is nothing as garam or thanda khana. Pregnant lady should avoid junk food, colas, packed juices, tinned food, and pickles.



Q) Can I have Chinese food in pregnancy? A) Avoid Chinese food in pregnancy as it contains agenomato which is not good for baby.



Q)Can i smoke in pregnancy? A) No, you can not smoke in pregnancy. Smoking in pregnancy may cause decrease in birth weight, childhood respiratory disorder.



Q)Can I have tea or coffee in pregnancy? A)Tea & coffee is allowed in pregnancy (in adequate amount not more than 3-4 cups a day) excess, strong tea or coffee will cause increase acidity and indigestion.



Q)Can I have alcohol in pregnancy? A)No, you can not have alcohol in pregnancy. Alcohol in pregnancy may cause decrease mental development, mental retardation, growth retardation.



Q)I eat healthy, so should I take vitamins? A) It is well established that pre-conceptional supplement of folic acid and vitamin 8-12, decreases the incidents of neural tube defect. Iron and calcium supplements are required in pregnancy.



Q)Is it safe to dye may hair in pregnancy? A)Yes, it is safe
Q)Is it safe to wax in pregnancy? A)Yes, it is safe



Q)Is there a role of bed rest in pregnancy? A)There is no role of bed rest in most of the cases of pregnancy you can go to work and do all your household work in pregnancy Mother's with bleeding in pregnancy, previous premature delivery, premature labor pains are advised bed rest.



Q)Can I have sex in pregnancy? A)Sex cannot hurt the baby, it is safe to have in pregnancy. Sex should be avoided if mother has bleeding in pregnancy, previous premature delivery, premature labor pains.



Q)How frequently will I visit the doctor? A)First visit is extensive and detailed, thereafter every four weeks till seven months then two weekly till 9 month starts and then weekly.In high risk cases visits are individualized. In case of any problem visit the doctor. Kindly do not take consultation on phone.

