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# Common Problems During Pregnancy



# What are the expected problems during pregnancy?

## 1. Vomiting and nausea

Reasons:

This usually occurs in the early morning because of stomach allergy as a result in hormones change.



Solution:

- Eat a dry meal such as flat bread or rusks when you wake up, then take a rest.
- Eat small, frequent meals five times a day that are easy to digest.
- Avoid fatty foods that contain large amounts of spices
- You can consult your doctor to prescribe some medications to help relieve symptoms.

## 2. Excessive urination

### Reasons:

It occurs because of hormonal changes, pelvic congestion, and uterine pressure on the bladder.



### Solution:

- Ensure that the area is well cleaned to prevent contamination.
- Drink small amounts of fluids at night to get a good night's sleep.
- You can consult your doctor if you feel pain or burning during urination.

### 3. Constipation



#### Reason:

- The effect of hormones during pregnancy, which leads to relaxation of muscles, resulting in impaired bowel movement and thus, waste products are retained for a long time.
- The pressure of the uterus on the large intestine.



#### Solution:

- Make sure to drink adequate amounts of fluids, especially when waking up.
- Eat adequate amounts of fresh vegetables and fruits such as figs, orange, dates, and others.
- Get yourself used to going to the bathroom at fixed times every day.
- Avoid using laxatives, as well as an enema, without consulting a doctor.
- Do appropriate exercises, such as walking.

## 4. Headache

### Reasons:

- Extreme stress.
- Sinus infections.
- Low Blood pressure.
- Weak vision.



### solution:

- Make sure you get enough rest.
- Make sure to treat constipation, if any.
- Overcome psychological factors that affect your health.
- Have your eyes checked by a professional
- Take painkillers after consulting your doctor.

## 5. Psychiatric disorders:

### Reasons:

- Fear and anxiety about the impact of pregnancy, whether on the care of the family or on the external body.
- Fear from childbirth.



### Solution:

- Health education about the physiology and symptoms of pregnancy.
- Make sure to share with your husband and family how you feel.
- Make sure to educate those around you about the problems and symptoms of pregnancy
- Make sure to consult your doctor if anxiety or depression increases.

## Are there any further problems may occur during pregnancy?

Yes, and you could overtake them.

These problems are as below:



### 1. vaginal secretions:

Reasons:

- With the change of hormones during pregnancy, the secretions increase and the acidic environment of the vagina changes, which increases the chances of bacterial and fungal infections.



Solution:

- Take care of your personal hygiene.
- Use cotton underwear.



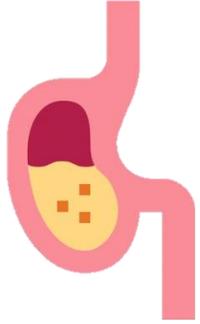
## Solution:

- Make sure to clean the perineum daily, by washing it with warm water and a disinfectant.
- Rinse the perineum with a lotion made of salt and warm water.
- Consult your doctor to prescribe suitable medications.
- In case of an itch, or foul-smell secretions, or greenish secretions, you should see your doctor.

## 2. Heartburn (sensation of burning in the stomach):

### Reasons:

- The valve between the stomach and esophagus relaxes during pregnancy due to hormonal changes, so the stomach acid rises into the esophagus.
- The pressure of the uterus makes the stomach contents rush into the esophagus, causing a burning sensation with an unpleasant taste.
- Previous ulcers in the wall of the stomach or duodenum.



### Solution:

- Drink a cup of cold milk when you feel burning.
- Take small quantities and increase the number of meals during the day.
- Avoid direct sleeping after eating.



## Solution

- Sleep in a way allows the head and shoulders to be higher than other parts of the body.
- Avoid eating spicy and fatty foods
- Avoid soft drinks and sodium carbonate
- You can consult your doctor to prescribe some suitable medications.

### 3. Shortness of breath:

#### Reasons:

- It occurs because of the pressure of the uterus on the diaphragm.
- It may be a sign of anemia.



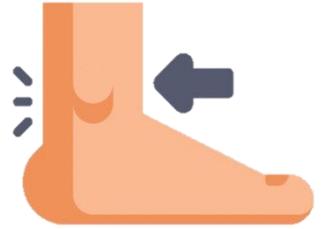
#### Solution:

- Eat adequate amounts of food, especially foods of high in iron.
- Get a rest.
- Make sure to raise the spirits and tranquility feeling.
- When sitting, be sure to sit upright on the chair.
- When sleeping, place pillows until you are in a half-sitting position.
- Practice deep breathing exercises.

## 4. Swollen legs:

### Reasons:

- It occurs because of the change of hormones and the increase in the size of the uterus, as it puts pressure on the veins and arteries in the pelvic area, thus weakening the blood circulation, which leads to the pooling of blood, and the tissues of the feet and fingers swell.
- It may be due to one of the pathological or chronic problems such as: preeclampsia, kidney and liver disease, anemia, and diabetes.



### Solution:

- Raise your legs at a 45-degree angle and repeat the process
- Avoid wearing socks of compressing bands.



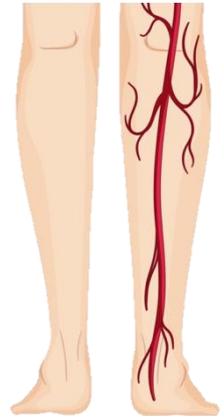
### Solution:

- Drink adequate amounts of water and get some rest
- Reduce salt, spicy, and hot foods.
- Sleep on your left side since the vena cava is on the right side.

## 5. Legs varicose veins:

### Reasons:

- It occurs because of the pressure of the uterus on the veins of the lower part of the body.



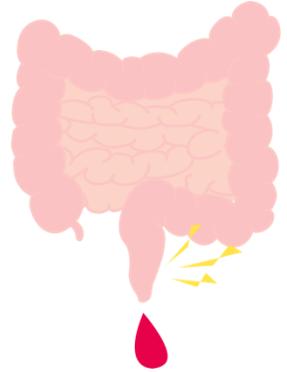
### Solution:

- Avoid standing or sitting with drooping legs for long periods.
- Raise your legs at a 45-degree angle whenever possible.
- Wear medical compressing socks when you wake up.
- Avoid wearing socks with compression circle garments.

## 6. Hemorrhoids:

### Reasons:

- It occurs because of uterus pressure on the veins of the lower part of the body
- Bowels stretching that lead to constipation.



### Solution:

- Avoid constipation.
- Practice a kneeling sport several times.
- Use some appropriate ointments after consulting the doctor.
- Sit in warm water.
- Make a cold-water compress.

## 7. Bleeding gums:

### Reasons:

- It occurs because of an increase in the amount of blood where the gums receive more blood during pregnancy, which leads to swelling or thinning and thus bleeding occurs easily.
- If the bleeding is severe, it may be a sign of other problems.



### Solution:

- Care about oral and dental hygiene during pregnancy using teeth paste brush, and floss.
- Make sure you are getting an adequate amount of Vitamin C.
- If the bleeding is severe or painful, with redness or inflammation, you should see a doctor immediately.

## 8. Back and pelvic pain:

### Reasons:

- During pregnancy, the ligaments become softer in preparation for childbirth, which leads to stress in the lower back and pelvic joints, resulting in pain.
- As the fetus grows, your back becomes more bent, resulting in pain.



### Solution:

- Avoid carrying heavy objects.
- When you sit, make sure your back is straight.
- Get enough rest, especially in the later stages of pregnancy.
- Your mattress should be firm to protect the back and provide comfort.



### Solution:

- Do special exercises to strengthen the abdominal muscles.
- Consult your doctor to find out the appropriate exercises.

### Sources and References:

All pictures used from Flaticon.com

### :Review and Audit

The content of this booklet has been reviewed by  
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## Health Awareness Unit

IAU-20-30



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