

## **COMMON FIRST TRIMESTER CONCERNS**

**CRAMPING:** Cramping in the first trimester, without bleeding, is common. As the pregnancy is growing, the uterus can contract and relax. Many patients become anxious about this, as it can feel like a period is about to start. Cramping without bleeding is normal and it is not necessary to be seen for this. If you are experiencing severe abdominal pain [doubled over in pain] associated with fever or persistent nausea and vomiting, please call the office to be evaluated.

**BLEEDING:** Light bleeding [less than a normal menstrual cycle] in the first trimester is common. Although this may be considered a threatened miscarriage, light bleeding could be coming from the cervix or from the growing placenta as it implants along the wall of the uterus. Light bleeding often resolved spontaneously. It is not necessary to go to the hospital for light bleeding. Please abstain from intercourse and call us during normal office hours to be seen. Heavy bleeding [more than a menstrual cycle] could be a spontaneous miscarriage. Please call the office to be evaluated. We recommend that you go to the hospital for excessive bleeding [more than one pad per hour] associated with dizziness. Most women who experience a spontaneous miscarriage will not need hospitalization or a D&C.

**NAUSEA AND VOMITING:** “Morning sickness” can occur at any time of the day and usually resolves or greatly improves by the end of the 12<sup>th</sup> week. Several simple measures at home may help:

- Take your prenatal vitamin at bedtime, and consider substituting a Flintstone chewable vitamin with iron [Flintstone Complete]. It is OK to stop your vitamin for a few days to see if this helps.
- Eat small frequent meals, with small sips of liquids throughout the day. It may also help to keep crackers at your bedside to eat prior to arising.
- Ginger may help, either in candy form or one 250 mg capsule per day.
- Wrist bands for motion sickness help some patients.
- Prescription medicines may be prescribed. Vitamin B6 [25 mg three times per day] and Doxylamine [1/4 of a pill three times a day], found in over-the-counter Unisom, may help.

Remember that hydration is much more important than nutrition in these cases. The fetus will continue to grow even if your caloric intake is poor.

**\*Call the office for evaluation if you have tried the above measures but are unable to keep down liquids, are dizzy, or are vomiting blood.\***