

Common Problems in Pregnancy

Pains

Backache: During pregnancy ligaments become softer and stretch to prepare you for labour. This can put strain on the joints of your lower back and pelvis, which can cause backache. As your baby grows the hollow in your lower back may increase and can also cause backache.

Abdominal: Its normal to have slight contractions when your abdomen gets tight then relaxes through pregnancy. If you suffer severe pain sudden onset and is continuous please contact the hospital straight away on [0151 702 4269 / 4626](tel:01517024269)

Cramp: This is a sudden onset of pain usually in the calf muscles or feet. It is common at night and no one really knows why it happens. It usually helps to draw your toes up towards your ankle or rub the muscles. Regular gentle exercise will improve your circulation and hopefully prevent it happening.

Pains when passing water

If you have pain when passing water or pass any blood, you may have a water infection, which will need to be treated. You should drink plenty of water and contact your GP within 24 hours.

Bleeding

In early pregnancy bleeding can be a sign of something being wrong particularly if you also have pain. You should contact your GP immediately or the gynaecology emergency room, here at the LWH.

Bleeding after about 5 months is not normal. Commonly this is because the cells on the surface of the cervix change during pregnancy and make it more likely to bleed, particularly after intercourse. Infection can also cause bleeding but it may be a sign that the placenta has implanted at the lower part of the womb (placenta praevia), or that it has started to separate from the womb (placental abruption). Both of these can be dangerous for you or your baby so contact the hospital on [0151 702 4269 / 4626](tel:01517024269)

Severe itching

Although itching is very common in normal pregnancy, severe generalised itching without a rash particularly in the last 4 months of pregnancy can be a sign of an uncommon condition known as Obstetric Cholestasis. This is a potentially dangerous liver disorder. If this occurs contact the hospital on [0151 702 4269 / 4626](tel:01517024269)

Vaginal discharge

If you have a vaginal discharge that is bloodstained or offensive smelling it may be signs of infection. It is important that all infections are treated so please inform your GP or midwife.

Headaches or dizziness

This maybe a sign that your blood pressure has risen which can be dangerous in pregnancy. Please contact the hospital on [0151 702 4269 / 4626](tel:01517024269) The midwife can check your blood pressure and act accordingly.

Swollen ankles or hands

Ankles, feet and fingers often swell a little in pregnancy because the body holds more water than usual. Changes are usually gradual as shoes and jewellery get tight. If you notice a change quickly please contact your midwife or GP. They can then weigh you to see if there is a sudden increase and check your blood pressure and urine for protein. This may be a sign of pre-eclampsia and needs to be treated.