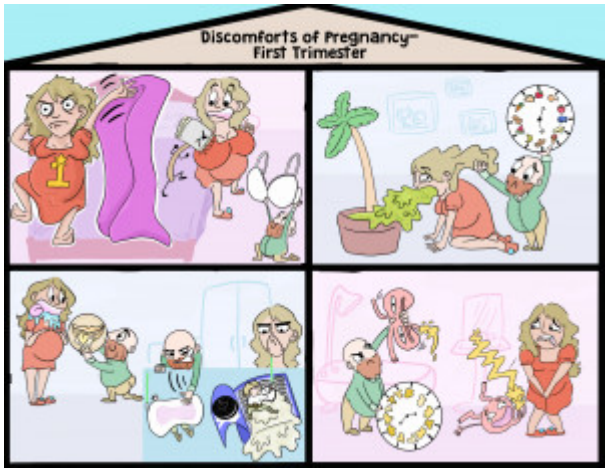
Discomforts of Pregnancy - First Trimester

During the first trimester of pregnancy, the physiological changes occurring in the breast, urinary, and reproductive organs lead to some discomfort. It is an important component of prenatal care to educate the newly pregnant women on the changes that are occurring and what self-care management strategies that can be done to alleviate the discomfort.



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Breast Tenderness
Breast Tenderizer
During the first trimester, the pregnant individual will experience breast tenderness; this occurs because the tissue develops increased vasculature and hypertrophies, which increase the size and sensitivity of the breast.

Supportive Bra
Supporting Bra
To help decrease breast discomfort, the pregnant patient should wear a more supportive bra.

Nausea and Vomiting
Vomiting
Nausea and vomiting occur in 50-75% of pregnant individuals. Although the exact cause is unknown, theories suggest that morning sickness may be caused by hormonal changes, increased hCG levels, or may be linked to emotional changes.

Frequent Small Meals
Frequent Small Meals around the clock
To prevent the occurrence of nausea and vomiting, the pregnant individual should eat dry carbs, such as crackers, and should practice eating small carbs upon awakening in the morning.

Urinary Frequency and Urgency
Urinating Frequency-wave and Urgently squeezing knees
The pregnant individual may experience increased urgency and frequency in urination as the bladder function becomes altered by the release of hormones and the growth of the uterus.

Frequently Empty Bladder
Frequently Emptying Bladder around the clock
To aid with the increased urinary urgency and frequency, the pregnant individual should practice emptying the bladder frequently, perform Kegel exercises, decrease fluid intake before bed, and notify the health care provider if they experience pain or burning upon urination.

Leukorrhea
Luke-oreo
During the first trimester, the pregnant individual may also experience leukorrhea, which is an increase in the discharge of vaginal mucus. This increase is due to the cervix becoming more hyperactive and hypertrophying, thereby producing increased amounts of mucus.

Perineal Pad
Pad
To manage the increased vaginal discharge, the pregnant individual should wear a perineal pad and practice good perineal hygiene. Douching is not recommended for pregnant individuals.

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Ptyalism

Talisman-salivation

The pregnant individual may experience increased salivation, termed ptyalism, which is due to increased estrogen levels or avoidance of swallowing due to nausea. It is recommended that the pregnant individual use mouthwash, chew gum, or eat hard candy to decrease salivation.

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