

Ten Common Discomforts in the First Trimester of Pregnancy



Pregnancy is usually full of all sorts of surprises. Here are some normal, although uncomfortable complaints of the first trimester of pregnancy that you may experience. Although these are common discomforts, please always let your Midwife or healthcare provider be aware of any symptoms you are experiencing.

1. **Fatigue** - Your body is going through many physical and hormonal changes that require a lot of energy and can increase sleepiness. Regular exercise and staying hydrated might help provide more energy.

2. **Nausea (and possibly vomiting)** - The increase in hormone production is the likely culprit for this complaint. Eating small, frequent meals throughout the day and staying hydrated can help. Also smelling lemon essential oil could help stave off bouts of nausea.



3. **Headache** - Hormones again are a likely cause, and also the increase in blood volume. Staying hydrated and getting rest can help.



4. **Increased Urination** - The bladder sits just below the uterus, and as the uterus begins to grow, more pressure is put on the bladder causing an increase in bathroom trips.

5. **Breast Tenderness** - Hormones begin preparing breasts for milk production early on, causing tenderness and an increase in size.



6. **Nasal Congestion** - Likely caused from increased blood flow and hormones, a stuffy nose when not sick or having allergies is common.

7. **Heart Palpitations** - Feeling as though your heart is racing or skipping a beat is common feeling during pregnancy likely caused by the increased blood flow, and sometimes possibly from dehydration.



8. **Gassiness** - An increase in progesterone can cause muscles to relax, including intestinal muscles, which slows digestion and can cause an excess in gas production.

9. **Dyspnea** - A shortness of breath or difficulty breathing in pregnancy is caused by increased production of progesterone and from the increased demand for oxygen required at this time.

10. **Dizziness** - Hormones, lowered blood pressure during first trimester, and increase in blood volume are all possibly causes for dizziness in pregnancy.