



# NEED TO KNOW

## Pregnancy Changes

### WHAT'S NORMAL?

Pregnancy makes your body feel very different. Sometimes we are not sure what changes are normal and which ones are not. Here are some tips that will put you're your mind at ease and give you an idea of when to be concerned.

### NORMAL CHANGES

You may find that you have:

- Pain in the back, groin area, thighs, near your pelvic bone. These are due to the increased weight, loosening joints, and the position of the baby's head.
- Breast changes and tenderness
- Frequent urination is normal during the course of the pregnancy.
- Very tired, due to all the changes your body is going through.
- Mood swings are normal. You may feel sad, worried, and happy. This is due to the changing hormones during pregnancy.
- Constipation often occurs during pregnancy.

### CALL YOUR DOCTOR IF:

- If you are bleeding, or spotting.
- If you are feeling painful stomach or back cramps.
- If your baby is moving less. Always pay attention to your baby's movements.
- Swelling hands, feet, or swelling in your face.
- If you have a fever or the chills.
- Burning or pain when urinating, this may be due to infection.
- Bad headaches, dizzy feeling, or problems seeing.

### GO TO THE ER IF:

- If you are not able to reach your doctor or nurse, when you are having any of the signs of concern from above. Go to the ER.
- Contractions, if you have more than 4 contractions in one hour.
- If you think you are in labor. Go to the ER.