

### *Hyperemesis Gravidarum*

- Condition of prolonged vomiting
- Occurrence in 2% of women
- Full term – usual treatment unsuccessful
- Treatment: Hospitalization, IV fluid feeding and Electrolytes

### **Heartburn or indigestion**

- Occurs in the last part of pregnancy
- Due to:
  - Pressure of enlarged uterus
  - Relaxed oesophageal sphincter
  - Causes regurgitation – irritation of mucus membranes + burning sensation
- Full feeling due to: Limited space, Gastric pressure, Large meals and Gas formation
- Treatment: Small meals, Chew food well, Eat slowly, Don't lie down after meals, Loose fitting clothes and Avoid gas forming foods

### **Haemorrhoids, Constipation**

- Lowered GIT motility and physical in-activity
- Increased pressure from uterus on gut
- Haemorrhoids: Increase in downwards pressure on arteries – enlargement – rupture – bleeding with defecation
- Treatment
  - Increase fluid intake and intake of fibre rich foods (dried fruits and bulking agents)
  - Do not use laxatives

### **Oedema**

- Moderate prevalence during pregnancy
- Extremities
  - Enlarged uterus put pressure on veins going to arms & legs – prevents flow of blood from legs
  - When lie down at night – mobilize – urinate frequently
- Treatment - None

### **Negative Effects of Supplements during Pregnancy**

- Grey / black stools, nausea, constipation / diarrhoea
- Treatment: 1h before meals or 2h after meals + fluid
- Supplemental recommendations during pregnancy
  - VitB6 - 2mg
  - Folate - 200ug
  - Vit C - 50mg
  - Vit D - 3ug
  - Fe - 30mg
  - Zn - 15mg
  - Cu - 2mg
  - Ca - 250mg

### **Increased Appetite**

- From month 4 – 7 (insatiable)
- Manage – small meals before serious sensations
- Food cravings – usually unpopular foods
- Food aversions – usually popular foods
- Sometimes no nutritional risks: e.g. pickles and strawberries
- Sometimes nutritional risk: High kj foods/ aversion for milk/meat

- Pica – compulsive craving for non-food items
  - Permits the brain not to rest before satisfied
  - Normally when Fe deficient
  - Geophagia – clay / dirt
  - Pagophagia – ice / freezerfrost
  - Amylophagia – laundry / cornstarch

### High Risk Pregnancies

#### **Aspartame**

- Artificial sweetener
- Debate: Link to cancers / DNA malformations
- Acceptable for intake during pregnancy if used within guidelines
- Avoid large intakes when pregnant E.g. drinks

#### **Cigarette Smoking**

- Cause LBW & Increased mortality
- Due to: Carbon monoxide & nicotine
- Leading to: decreased blood flow to uterus and decreased food intake of mother

#### **Vegetarianism**

- Well planned diet = sufficient
- Milk + eggs are very important
- Otherwise diet may be deficient in Fe, Ca, Zn, Vit B12, LBW
- Supplementation essential

#### **Caffeine**

- Drug – crosses placenta resulting in LBW babies
- 1C coffee (97mg)
- 1C tea (50mg)
- 340ml Cola (30mg)
- 170mg/day is safe ; 500mg/day = miscarriage

#### **Age Risk**

- Those in the extreme of reproductive cycle
  - Nulligravidas (<15yrs)
  - Older primigravidas (>35 yrs)
  - Many pregnancies in short time
  - Long Oral Contraceptive use

#### **Malnutrition**

- Malnutrition influences:
  - Fertility: women - amenorrhea or irregular cycles and in men - changes in sperm count, motility and life span
  - Implantation, Placental development and foetal development

#### **High Risk Pregnancies**

- Multiple gestations (twins or triplets)
- Frequent gestations (every year)
- Lifestyle habits: smoking, alcohol, drugs
- Socioeconomic factors, medical conditions and Poor medical care

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