

Normal Pregnancy Symptoms and Warning Signs

It is very common to experience many different symptoms in pregnancy, such as:

- Fatigue
- Mood swings
- Nausea or vomiting, especially during the first trimester
- Stuffy nose
- Rash
- Skin pigment changes
- Breast tenderness
- Heartburn
- Shortness of breath
- Mild cramping as the uterus grows and stretches
- Backache
- Leg cramps
- Swelling of the extremities, especially legs and feet
- Varicose veins
- Urinary frequency
- Constipation
- Hemorrhoids

However, you can have symptoms which may be more serious. If you notice any of the following, call our office:

- Vaginal bleeding as heavy as a period
- True labor before 37 weeks
- Severe headache, persistent after acetaminophen (Tylenol) & rest
- Blurred vision or other visual changes such as “seeing spots”
- Sudden onset of severe swelling
- Sudden onset of weight gain
- Persistent strong abdominal cramping
- Persistent nausea or vomiting for greater than 24 hours
- Temperature greater than 100.4
- Decreased fetal movement (fewer than 10 movements in a four hour period)