

## 孕婦常見症狀的處理

### Treatment of frequently seen symptoms of pregnant women

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##### 1. Nausea:

Cause: symptom frequently occurring during early stage of pregnancy, will normally disappear after 12 weeks.

Treatment: Maintaining enough and stable amount of Vitamin B6 as supplement.

##### 2. Sense of heartburn in stomach:

Cause: Rising of Abdominal and diaphragm leading to stomach being pushed upon.

Treatment: Eating less amount and more meals, avoiding soft drinks, using suitable amount of Stomach milk, stomach milk tablets.

##### 3. Constipation:

Cause: Expanding uterus, pushing on intestines causing slowing of intestinal peristalsis.

Treatment: Taking appropriate amount of water, appropriate amount of exercises, expansive laxatives or lubrication laxatives.

##### 4. Hemorrhoids:

Cause: Veins near the rectum, and obstruct blood flow by the enlarged uterus  
Oppression

Treatment: Use of hemorrhoid cream to facilitate defecation or Analgesic suppositories

##### 5. Cold:

Treatment: Drink more water, rest more, and do not buy over the counter medicine. Most cold and respiratory medicines are Class C.

#### Principles of Pregnant Women Using Medicine

1. Without guidance of doctor or pharmacist, pregnant women should not add or stop medication.
2. Use less medicine, especially in the first three months of pregnancy, and to discuss and do evaluation with doctor.
3. When visiting doctors, should tell doctor or pharmacist if pregnant or possibly be pregnant.
4. For those on medication, should discuss with doctor or pharmacist on whether to stop medication.

## Effect of commonly used medicine on fetus

Medicine	Effect on Fetus
Tetracyclines	Blocks development of bones, teeth changing color
Sulfa drugs	Kernicterus
Chloromycetin	Gray baby syndrome
Antithyroid preparations	Development of fetus intelligence sluggish
Too much vitamin A	Development of fetus intelligence sluggish, Increased intracranial pressure
Too much vitamin D	Development of fetus intelligence sluggish, Hyperkalemia

## Will using medicine leading to fetus deformity always lead to babies with problems?

1. Not necessarily, but children with defects ranges between 3-6%. Fetal deformity increases the risk by over 5 times.
2. If using medicine that leads to fetal deformity, must stop medicine for a period of time before getting pregnant again.
3. The antiepileptic disorder drugs, anti-thyroid drugs belong to Class D, but the diseases damage fetus far more than the drugs, so will need to continue using drugs.