

**Department of Family Medicine
Eastern Carolina Family Practice Center**

THINGS YOU JUST HAVE TO PUT UP WITH

Frequent Urination

This occurs especially in the first 3 months and the last month as your baby grows. If you have any burning or unusual urgency, call your doctor since it might be an infection that you need medicine for.

Shortness of Breath

This varies from person to person, but it is caused as the baby grows bigger. Often, if and when the baby “drops” towards the end of pregnancy, it will help relieve the problem. Many women find it helpful to sleep propped up with pillows.

Various Mysterious Aches and Pains

It is normal to occasionally experience a rather sharp pain on either side of your abdomen. This is due to the growing baby and womb; it puts pressure on the ligaments.

We are happy to answer any questions or discuss any concerns you might have during your visits to the Family Practice Center. If you have questions or concerns at other times, please call your doctor’s office.

YELLOW MODULE	816-4658
ORANGE MODULE	816-4659
GREEN MODULE	816-4619
BLUE MODULE	816-4681