

MS02 VT04 Your Changing Body

[Music]

When you are early pregnant, often you will have different signs letting you know that your body is changing.

So, starting around five weeks, you'll start to feel pregnancy symptoms. It's a really exciting time, but it's also really challenging for a lot of women.

The most common signs of pregnancy are fatigue, really crazy, crazy fatigue.

Even though pregnancy treats me quite well, it's a workload on your cardiac health, and I'm not used to being winded going up just a flight of stairs.

Some people will have a lot of breast tenderness during the first trimester of pregnancy.

Perhaps needing to urinate more frequently.

A lot of times people will have a lot of nausea in the first trimester of pregnancy.

I was nauseated all day, every day.

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I found out very quickly that if I let me stomach get too empty, I would just feel very queasy and very uneasy.

The first three months, I had a ton of morning sickness.

Well, I think it's funny they call it “morning sickness” because it's really all day.

Morning sickness is a misnomer. It's not just in the morning. It can be all day; it can be at night. Some women have vomiting along with that.

I describe it as feeling like you're hungover to be quite honest.

If you have hyperemesis, which is where you're vomiting all the time and getting dehydrated, we want you to come in so we can help supplement your hydration with IV fluids.

By around 12 weeks, a lot of those symptoms will be either slowing down or might even disappear entirely.

Once I was able to get my nausea under control and learn to just make sure my stomach wasn't empty, I actually had a pretty great and easy first

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trimester.

So, if you're not having evidence of any morning sickness, not to worry. It does not mean that there's any complications or problems.

It means just have a conversation with your physician, and we will assess and evaluate and make sure everything's okay.

[End recording]