

## **MS03 VT05 Is This Normal v2 540p**

[Music]

In the first trimester, it can be really hard to know if the pregnancy is progressing normally. A lot of times people feel nauseated. They feel fatigued. Their breasts are tender. Those are all normal signs of pregnancy. Sometimes people don't have any of those signs, and that can be a normal sign of pregnancy.

I think in the beginning, I thought everything was like I was – everything was wrong with me and like everything that was happening to my body, that something's wrong. And I would Google things. I think something that was reassuring to hear was, you know what? The weirdest things can happen to you but don't worry. It's probably normal.

First 13 weeks of your pregnancy can sometimes be a little challenging for a woman. Between the nausea, the vomiting, the fatigue, the body hormones that you're experiencing can make it a little bit challenging to adjust.

Initially I was a little bit worried about some cramping that I was having in the first couple of weeks. But after speaking to physicians, those worries were alleviated and I was informed that that was normal.

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Cramping is very common in the first part of pregnancy. As long as it's not severe or associated with bleeding, it's nothing to worry about.

When you should be concerned is if you start to have any heavy bleeding during the first trimester, if you start to have any significant pain or significant cramping that's doubling you over.

So, have the conversation with your physician, and they will determine if anything's outside of the norm.

[End of recording]