

Hemorrhoid and Pregnancy: Are you a Candidate?

Pregnant women are susceptible to be affected by **hemorrhoids** because of the growing uterus. That puts pressure to your inferior vena cava and pelvic veins. Great news! You can deal with **hemorrhoids** during pregnancy. You do not have to worry because it will not put your life as well as your baby's life at risk with hemorrhoids. All you have to do is read materials about hemorrhoids and how you can manage it.



An Introduction

Hemorrhoids are also called **piles**. It is also a form of varicose vein. These are the veins that surround the rectum that are painful and swollen. During pregnancy, so many physical changes happen. You have more blood circulating in your body through the veins. Your veins are going to be dilated specially those located below the uterus. The signs that you will experience are burning, itching, hemorrhaging and pain. You will see vibrant red blood on your stool or toilet paper following your **bowel** movement if you have bleeding hemorrhoids. Make sure if this happens, you have to tell the obstetrician even though you suspect that it is because of the hemorrhoids.

What to be Able to Do

The main suspect for the formation of your hemorrhoids is constipation. Straining during going number 2 will put pressure on your dilated veins. If you suffer from constipation, ensure that you get an advice from your doctor for a stool softener. Pregnant women can still do something about their hemorrhoids. Here are some ways to avoid constipation:

Drink At Least Six to 10 Glasses of Water Everyday.

Consume foods rich in fiber.

- Engage in exercise.
- The perfect exercises for pregnant women tend to be yoga and kegel exercises.
- This will not help you and your baby to stay healthy but it will prepare your body to the upcoming delivery day.

Managing the Discomfort

Apart from doing the tips above in order to prevent from getting constipated, listed here are tips to lessen the discomfort and uneasy feeling.

- Always make sure that your anal area is always clean.
- Use baby baby wipes or wet tissue as opposed to dry tissue and paper towel.
- There are medicated hemorrhoid pads available as well that are more comfortable to use.
- Prevent standing and sitting for a long time because it offers a lot of pressure on your hemorrhoids.
- Lay down for a few minutes to rest your tired body.
- Prevent lifting heavy objects.
- Let someone do it for you.
- Apart from pressuring your hemorrhoids, it is bad for you and your baby.

Apply petroleum jelly on your rectum to be able to ease and cool off your bowel movements.

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Tips On How to prevent Having Hemorrhoids If you are suffering from hemorrhoids and having some pain, you can always use an ice pack. All you have to do is place an ice pack where you are experiencing pain. Leave the ice pack on around 10-15 minutes or until you feel better. Ice not only...

Sit on a pack of ice to provide you with a soothing relief from the inflammation and burning sensation.

- Take a warm bath enough to cover your hemorrhoids.
- Fill the bathtub with warm water and sit on it for a few minutes at least two times a day.
- Ask your obstetrician with regard to medicated creams.
- Do not just try any over-the-counter cures.
- Remember, your hemorrhoids will go away soon after you give birth.
- It is not a big problem to add in your concerns during pregnancy.

For more info on how you can protect yourself from hemorrhoids during pregnancy please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

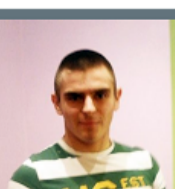
For France visit <http://traiter-les-hemorroides-naturellement.blogspot.com> as well as <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish go to <http://tratamiento-de-las-hemorroides.blogspot.com> For Italian visit <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

For German Visit [Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com](http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com)

For Portuguese visit <http://como-curar-hemorroida-naturalmente.blogspot.com>.

For Additional languages visit <http://how-to-treat-hemorrhoids-at-home.blogspot.com>.



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