Abdominal Pain in Pregnancy

Stomach (*abdominal*) pain is common during pregnancy. Most of the time, it is not a serious problem. If your pain continues or gets worse after resting, call your doctor.

Stomach pain might be a sign that you are starting to lose the baby (*miscarriage*). It also might be a sign of other problems, such as starting to have your baby too early. You may have pain that can be caused by something else, not your pregnancy.

HOME CARE

To take care of yourself, and to make your pain go away:

- **Do not** have sex. **Do not** put anything in your vagina until you feel better.
- **Rest** until your pain stops. If you do not feel better after 1 hour, or your pain gets worse, call your doctor.
- Drink clear liquids if you feel sick to your stomach (*nauseous*).
- **Do not** eat solid food.
- **Do not** take any medicines, unless your doctor tells you to.

GET HELP RIGHT AWAY IF:

- You are bleeding, leaking liquid, or solid bits of tissue are coming out of your vagina.
- You feel pain in your shoulder or back.
- You are throwing up (*vomiting*).
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You have strong shaking (*convulsion*), headache, and/or vision problems.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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