

CRAMPING AND BLEEDING IN EARLY PREGNANCY

Cramping and/or bleeding in early pregnancy is a fairly common event. , similar to menstrual cramps, is nearly universal in pregnancy. Lower pelvic and uterine cramping without bleeding.

I appreciate that it is an unpleasant sensation, but it is not a sign that anything is wrong with the pregnancy and it is just a reflection of the fact that the uterus is starting to grow. Treatment for the cramping is symptomatic with res, Extra Strength Tylenol and perhaps a low heat heating pad.

Unfortunately, bleeding in early pregnancy is also a fairly common event. There may be various reasons for the bleeding. Sometimes it's associated with implantation of the early embryo into the lining of the uterus. This occurs very early in the pregnancy at approximately 4-5-weeks. Another source of bleeding is the cervix. As your cervix becomes gradually engorged with blood, it's possible for small blood vessels to break on the surface of the cervix. This occurs frequently in early pregnancy and the cervix may thus bleed easily. Other times the bleeding is simply unexplained and seemingly random. It may be sign of an impending miscarriage, but it does not necessarily mean that miscarriage will happen. In fact most people who bleed early in pregnancy go on to have a normal pregnancy.

Miscarriage is also fairly common and occurs in about 20% of all pregnancies. In general, there is no real treatment for a miscarriage once it has started. There is no medicine or surgery that can be done to make an early pregnancy be saved if it is not well established. My advice for early bleeding in early pregnancy is to reduce activity, avoid heavy lifting and straining, and avoid intercourse.

I would define bleeding heavily as soaking through menstrual pad in less than an hour and having bleeding going on for several hours. If you are in early pregnancy and are bleeding heavily, you will need to go to the emergency room at Rogue Regional Medical Center. Only go to Rogue regional Medical Center as it is the only hospital I practice. If you are bleeding less than a pad an hour, you should be reassured that this will not result in a significant amount of blood over the course of the weekend, and when you call on Monday morning we will be happy to have you come in and promptly evaluate the pregnancy for the concern if the bleeding is continuing. I appreciate that bleeding in early pregnancy is a distressing sign for everyone, but many times it will resolve and the pregnancy is successful.