

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 swollen 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 particularly 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 after 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 your hemorrhoids.

What 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, be sure to get an advice from your doctor for bar 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 are usually yoga and also kegel exercises.
- This will not help you and your baby to stay healthy but it will prepare your body to the upcoming supply day.

Managing the Discomfort

Apart from doing the tips above to be able to prevent from obtaining constipated, here are tips to cut back the discomfort and uneasy feeling.

- Always make sure that your anal area is always clean.
- Use baby baby wipes or wet tissue instead of dry tissue and paper towel.
- There are medicated hemorrhoid pads available as well that are more comfortable to use.

Calmovil Cream for Hemorrhoids



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Hemorrhoids at a Young Age

Hemorrhoids at a Young Age. Calmovil Hemorrhoid Relief Kit contains homeopathic drops, soothing topical cream, and natural supplement, formulated to help target the source of piles. Calmovil contains the pharma-grade quality active ingredients that have been scientifically developed to work for the best results. Calmovil's ingredients have been used for hundreds of years to support proper blood flow, helping in reducing inflammation and support healthy hemorrhoidal veins. Now they are all combined into this special Hemorrhoid formula. Improving blood flow, reducing inflammation and supporting healthy veins has been proven to relieve the pain and flare-ups associated with hemorrhoids.

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- 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 in order to ease and awesome off your bowel movements.

Sit on a pack of ice to provide you with a soothing rest 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 for medicated creams.
- Do not just try any over-the-counter treatments.
- Remember, your hemorrhoids will go away soon after you give birth.
- It is not a big problem to include in your problems 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 This particular language visit <http://traiter-les-hemorroides-naturellement.blogspot.com> as well as <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish check out <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>.



“ **Pasquale Saunders**

Pasquale is a content marketing professional at 20lux.com, a website about alternative health issues. Last year, Pasquale worked as a consultant for a well-known high tech company. When he's not writing articles, Pasquale enjoys drawing and rock climbing.

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