

### **ABDOMINAL PAIN**

During the latter half of pregnancy, you may suffer with lower abdominal pain. This pain can occur on one or both sides of the lower abdomen, and is usually caused by the stretching of ligaments that support the uterus (round ligament pain). This stretching may occur early in pregnancy and feel like “menstrual cramps.” Resting with a heating pad may help, and you may want to try a maternity support belt. *Constipation* can also cause abdominal pain. Staying hydrated with water can help decrease symptoms.

**If abdominal pain is severe and/or persists, call the office.**