

# Hemorrhoids During Pregnancy: Prevention and Treatment

**H**emorrhoids and pregnancy are often associated with each other. Pregnancy puts a lot of stress on a woman's body that results in a large variety of complications, one of which is hemorrhoids. Women should not be alarmed as hemorrhoids tend to be very common among pregnant women, especially during the third trimester.



## What are Hemorrhoids?

There are blood vessels that carry blood through the entire body. Long story short, hemorrhoids are swollen or inflamed arteries that can be located in the anal canal. There are essentially two kinds of hemorrhoids, external and internal.

**Internal hemorrhoids** can present painless rectal bleeding, while an **external hemorrhoid** presents pain around the anus. The discomfort from hemorrhoids runs from slightly uncomfortable and also itchy to an unequivocal pain. Rectal bleeding is common throughout **bowel** movements.

## Why are Hemorrhoids and Pregnancy So Common Together?

Pregnancy spots women in a risky position for acquiring hemorrhoids. During pregnancy, a ladies uterus begins to grow. This development of the uterus puts pressure on a woman's inferior vena cava and pelvic veins. This in turn slows down the returning blood flow from the lower parts of a woman's body. The slow blood flow increases pressure in the problematic veins under the uterus, thus causing them to get bigger or dilate.

- There are other conditions common in pregnant women that could cause or even aggravate hemorrhoids.
- Constipation for instance is a common problem during pregnancy which can increase the chances for hemorrhoids.
- Pregnancy also increases the amount of progesterone in the body.
- This hormone brings about the walls of the veins to relax causing them to be more prone to puffiness.
- The hormone also exacerbates constipation as it slows down the intestinal tract.

## Steps for Preventing Hemorrhoids

First and foremost, stay away from sitting or standing for long periods of times. Stand up to be able to take a walk for a few minutes when sitting for long extended intervals. Kegel exercises are also very helpful as they help promote blood flow into the rectal area. Additionally, don't be self conscious to go out for brisk walks to be able to help promote blood circulation.

## Healthy Diet that's High in Fiber can Also be Very Important

The high fiber will help ensure that the stool is soft and will easily pass through a woman's anal canal. Edible plants like fruits, veggies and beans are an excellent source of fiber. It's also important for a woman to keep themselves hydrated, most doctors recommend eight to ten glasses a day.

## How to Achieve Some Amount of Relief from Hemorrhoids

Applying a cold compress on the affected area several times a day can help ease the swelling caused by hemorrhoids. There are women who find that a cold compress soaked with witch hazel to be particularly comforting. Using muscle papers that are medically soaked with witch hazel in order to wipe the affected area is also recommended.

- It's also possible to treat the affected area by soaking it in warm water for about ten to fifteen minutes.
- This should be done a few times a day.
- Sitz baths are available for those who do not have the convenience of a bath tub.
- Simply fill it with warm water and position it over the toilet.
- This enables a woman to immerse their rectal areas by simply seated.

Hemorrhoids and pregnancy are usually very common together and if immediate relief is necessary, feel free to ask a practitioner for a topical anesthetic or medicated suppository with regard to immediate relief.

“ For guidance on how to prevent and treat 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>.

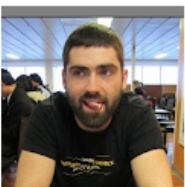
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For Additional languages go to <http://how-to-treat-hemorrhoids-at-home.blogspot.com>.



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