

c. Frequent Need to Urinate

MODULE 2

Causes

The need to urinate increases during the first three months of pregnancy. It is also common during the last weeks before the birth of the baby because the uterus pushes on the bladder which can no longer hold as much urine. You must, therefore, empty your bladder more often.



What can I do?

- It is recommended to drink a lot of liquid during pregnancy. Do not reduce the quantity of liquids you drink during the day.
- If you must get up often during the night to use the bathroom, drink less liquid in the evening.

If nothing works?

- Do not worry. It may bother you, but it is normal.
- If you feel any pain or a burning sensation when you urinate, consult your health care provider. You may have a bladder infection.