

# **p. Hemorrhoids**

## MODULE 2

### **Causes**

Hemorrhoids are swollen veins in the rectum. They are caused by the pressure of the baby on the lower part of your belly. They can also be caused by pushing too much when you are having a bowel movement. Hemorrhoids can be painful and annoying and can eventually come out of the rectum. They usually disappear after delivery but in some cases remain for a few more weeks after the birth.

### **What can I do?**

Advice to avoid or alleviate hemorrhoids.



### **If nothing works?**

- Talk with your health care provider.
- Do not use any medication, ointment, or suppository, before talking with your health care provider.