

# great expectations

## Q&A

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Send in your questions on pregnancy to Today's Parents – Great Expectations Q&A, 371 Beach Road, #03-18 Keypoint, Singapore 199597, or email [sunja.naidu@lexicon.com.sg](mailto:sunja.naidu@lexicon.com.sg)

## Heaviness in vaginal area... bleeding during pregnancy... breast massage... 'small' bump



**I am six weeks pregnant and have been experiencing slight pressure and 'heaviness' in my vaginal area. Is this normal? What can I do to relieve the discomfort?**

The heaviness and pressure may be due to the distension of the growing uterus. However, it would be advisable to check with your gynaecologist. When you get the chance, try to rest more in an inclined position rather than sitting or standing. That may take some pressure off below and relieve the discomfort.

**My friend's gynae has advised her to start massaging her breasts to prepare for breastfeeding, but mine hasn't said anything about it. I have found some whitish/yellow hardened bits on my nipples. They look like small lumps. Is this colostrum? Should I clear it and should I start massaging my breasts or put nipple cream on them? I am in my 37th week of pregnancy now.**

It is not a must to massage the breast. You can get your nipple 'ready' for breastfeeding by applying some nipple ointment on it daily. Start after the 37th week of pregnancy as stimulating the nipple can sometimes lead to uterine contractions. The white/yellow bits on the nipples are most likely colostrum that has dried up. It will come off sometimes during a shower or when you start applying the nipple ointment.

**I'm in my seventh month of pregnancy and I've put on about 11kg. Many**

**people have commented on my 'small' size. One friend put on about 20kg and another 26kg. In what ways will my weight affect my baby's growth? I've been eating regularly and going on walks during my pregnancy.**

In general, women should gain about 8-12 kg during pregnancy. Of course some may gain more and some, less. Most women tend to gain more rapidly in the third trimester (after 28 weeks) as that is the period when the baby starts to gain a lot more weight. Eleven kilos is not considered little. As long as the baby is growing well, don't worry. It is better not to gain too much. You put yourself at a higher risk of developing gestational diabetes and having a big baby, not to mention a tougher time trying to lose all that weight after delivery. It is great that you are exercising regularly as well. Keep it up!

**I am five months pregnant and noticed I have been bleeding following sexual intercourse since I was four months pregnant. Should I be worried?**

You should be careful. Bleeding during this period of the pregnancy may be caused by a low lying placenta, vaginal infection or cervical lesions. Check with your obstetrician to exclude these causes and of course it would be safer to avoid sexual intercourse until you are given the all-clear by your obstetrician. **Q**