

6 GROSS THINGS About Pregnancy No One Tells You



The straight poop
on legit gestational
gross-outs you might
not be prepared for



Yes: Pregnancy and childbirth are disgusting.

When I got home from the hospital after giving birth to my son, I sent my husband to the drugstore for some emergency supplies.

I'll never forget his shopping list: Preparation-H, Metamucil, nursing pads and a giant box of maxis. Picturing him at checkout with a basket full of products designed to combat almost every bodily function imaginable, I didn't feel at all bad. After all I'd just been through, and everything he'd witnessed along the way, we had no shame left!

Even with all of today's TMI, there are some birth-related developments so awkward to mention you might not hear about them from your OB-GYN, let alone your best friend. Just so you're prepared for the worst on your way to the best times of your life, here's the poop on some common pregnancy gross-outs.

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1



Nausea

We've all heard of morning sickness, but that euphemism doesn't begin to describe how foul the feeling can be, not to mention the fact that it can last all day. The churning in your stomach may get so bad you'll only dream of throwing up for some small relief.

Smells that never bothered you before can cause revulsion, and foods you used to love inspire the gag reflex.

Eating is the only thing that makes you feel better, and yet it seems everything that goes down is destined to come right back up.

The good news is, most women lose the upset after the first trimester and are able to indulge their cravings in relative peace from then on.

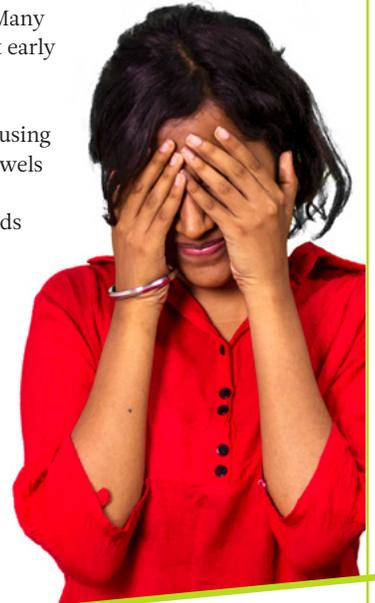
 Morning sickness is one thing – but have you heard of **extreme morning sickness**? This rare-yet-intense condition can have severe, unrelenting symptoms. Find out more and learn if it might be affecting you.

2 Flatulence

Bloating, belching and flatulence are just as common as swollen feet and Braxton Hicks contractions. Many women find these symptoms start early and last until the end.

Hormones – in particular progesterone – are one culprit, causing muscles to relax, including the bowels and digestive tract. As the uterus grows and pushes up, it compounds the issue. Fertility treatments can trigger these symptoms, too.

Luckily there are lots of little things you can do, says Nicole Budrys with the Henry Ford Center for Reproductive Medicine in Dearborn – from sitting up to at least 30 minutes after meals to avoiding foods that make people gassy (like milk and beans) to exercise and gas-relief aids like Gas-X or antacids.



3

Discharge

How, you might ask, could someone have a false alarm that her water has broken? Well, among the many things those wonderful pregnancy hormones do (linea nigra anyone?), they serve to stoke vaginal discharge to a crescendo that can actually cause you to mistake it for the rupture of your amniotic sac – or, at the least, a small accident on the way to the bathroom.

And that's not the only bodily fluid that increases during pregnancy. In addition to peeing at all hours of the night, you may also find yourself drooling on your pillow more too. Cute, huh? And those nursing pads I mentioned ... trust me, you'll need them.

4 Persistant Periods

You thought your normal cycle was bad? Best stock up on some super-sized panty liners now. Many women are ill-prepared for the flow of “lochia” that follows childbirth.

The discharge can last up to 10 weeks after delivery, changing color like a kaleidoscope.

The first phase, red-hued due to the large amount of blood it contains, typically lasts a few days. That’s followed by a thinner, brownish-pink substance that can persist up to 10 days after birth. Finally, it fades to a white or light yellow flow that tapers off over time.

This is your body eliminating various by-products of pregnancy and it’s totally normal. In fact, variations can point to postpartum hemorrhaging or genital lesions, which you should immediately report to your doctor.



5 Push Poops

In the old days, women had to worry about surviving childbirth. Today, our number one fear often involves “number two.” Sorry to break the news, but most women do indeed poop in the delivery room due to the fact that the muscles required to bear down and get that baby out are the same ones we use to go to the bathroom.

Although it seems horrifying, in reality your doctor, nurse and midwife have seen it all. They’re so expert at whisking it away you probably won’t be aware it happened.

There are so many other things in the delivery room that strip you of all dignity, it’s really the least of your worries. Plus, you’re likely to be constipated for a while after you bring baby home, so you might as well give in to this hard-earned poop.



Spotting is normal throughout pregnancy, but it’s more concerning the further along you are – especially if it becomes heavier or persistent. [Click the link for more.](#)

6



Nappy Stuff

Speaking of poop, you’re about to become obsessed with it. Your little newborn’s bundles of joy are going to fill the diaper, spill out of the pail, and become the topic of everyday dinner conversation with your partner.

Believe it. And it’s not pretty.

Your newborn’s first nappy will introduce you to meconium, a greenish-black tar-like substance that consists of waste products your baby collected in utero. Within two to four days, you’ll notice “transitional” stools that fade to green and are a bit less sticky.

After that, breastfed babies will produce mustard yellow, green or brown stools that can be seedy or pasty – at least five times a day.

Formula-fed baby’s poop is browner and thicker, and can be expected three to four times a day.

Yes, it’s gnarly, but your baby’s bowel movements give you an important window into his health and well-being. Things that were unimaginable before you became a parent suddenly seem, well, natural.

Before you know it you’ll be hoisting that little baby’s butt up to your nose and giving it a sniff. Gross!

While poops come and go, one part of pregnancy can persist – **stretch marks**. Score a few preventative tips and discover what to do if they've already settled in.



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