Early Pregnancy Assessment Clinic (EPAC)

Pain in Pregnancy

Common causes of pain in early pregnancy

The exact cause of pain is not always known but these are some common reasons why you might be experiencing pain:-

Corpus Luteal Cyst

When the egg is released from the ovary and becomes fertilised, a cyst forms in the ovary called the *corpus luteal cyst*. The purpose of this cyst is to produce the hormone *Progesterone,* which supports early pregnancy. Sometimes this cyst can cause pain, particularly on one side. The cyst eventually recedes when the placenta starts to form as the pregnancy develops.

Urinary Tract Infection (UTI)

This is more common in pregnancy and can be easily diagnosed from a sample of urine. It can be treated with a course of antibiotics. It is important to inform your GP if you have any allergies to any medications.

Bowel pain

The hormones produced in pregnancy can influence your normal bowel routine. You may have noticed some changes such as constipation, diarrhoea, or trapped wind. These symptoms are common. However, if you have any history of bowel problems, for example irritable bowel syndrome (IBS), this may get worse.

We advise you to drink plenty of fluids and have a well-balanced diet to help reduce these symptoms. Please contact your GP or Midwife for further advice on medications that may also help.

Further information

If you have any queries or concerns, please feel free to phone the Early Pregnancy Assessment Clinic (EPAC) on 01305 255760 (24-hour number).

Please be aware that during out of clinic hours the phone number is transferred to the Maternity Unit.

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk

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