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Gastrointestinal disorders in pregnancy**Shabnam Rani**

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Gastrointestinal disorders represent some of the most frequent complaints during pregnancy possibly due in part to elevated level of progesterone. Some of the most common gastrointestinal issue women experience during pregnancy are nausea, vomiting, gallstone, diarrhea and constipation. Pathophysiology -hormonal fluctuations, gastrointestinal motility disorder and psychosocial factors. Symptoms during pregnancy- nausea, vomiting, morning sickness, urinary tract infection, increased intracranial pressure, appendicitis and hepatitis. Nausea and vomiting is a common scenario for the women in this phase. Nausea with or without vomiting is common in pregnancy. Risk factors for nausea in pregnancy include youth, obesity and smoking. Nausea is known as morning sickness. Diarrhea- Diarrhea is defined as three or more bowel movements per day. it is usually associated with an increase in stool volume (300g/day) Management-metoclopramide can be used in pregnancy. Pyridoxine (vitamin B6 is an alternative therapeutic agent in part with severe nausea or vomiting.

Biography

Shabnam Rani has completed my Bachelor science of nursing to Sahaeedbaab deep singh collage of nursing fatehabad(Aherwan) and did master degree of nursing in national school of nursing Daraypur (Fatehabad). Also received the post basic B.Sc nursing degree in Sahaeed Baba Deep Singh Collage from the university of Pandit B.D Sahrma Rohtak. Later went for M.Sc in nursing in National school of Nursing in Daraypur. In addition to this, also holds exclusive practice of gynecologist since 2012, working for several busy group in the fatehabad area after completing training 2014. Being interested in clinical practice as well earned her two years of experience hospital. Achievement- best clinical research paper award (2016).

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