

Bölüm 45

GEBELİKTE KARIN AĞRISI VE GASTROİNTESTİNAL SİSTEM HASTALIKLARINA YAKLAŞIM

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GİRİŞ

Gastrointestinal hastalıklar; gebelikte en sık karşılaşılan sorunlardan biridir ve sıklıkla bulantı-kusma şikayeti ile ortaya çıkar. Gebelikte gastrointestinal semptomların artışının; progesteron ve prostaglandin seviyelerindeki yükselme ile ilişkili olduğu düşünülmektedir (1,2).

Gastrointestinal sistem hastalıkları gebeliğe özgü olabildiği gibi, bazı kronik hastalıkların seyri değişmesi şeklinde de görülebilir. Gebelikte akut karın sebepleri dışında gastrointestinal sistemde olan değişiklikler ve uterusun karın iç organlarına basısı karın ağrısına sebep olabilir (2,3).

Gebelikte gastrointestinal hastalıklar ; hiperemesis gravidarum , gastroözofageal reflü , peptik ülser, irritabl barsak sendromu, enfeksiyöz diyare , hemoroid , safra kesesi ve yollarına bağlı hastalıklar, pankreatit , apandisit ve diğer akut batın karın yapan sebepler olarak sıralanabilir (3,4,5,6).

BULANTI, KUSMA

Gebeliklerin %50-90 ında görülen bulantı, en sık görülen gastrointestinal sistem yakınmasıdır, genellikle sabahları hafif formda görülür (7,8). Kusma ise gebelerin %20-25 inde görülmektedir. Bulantı-kusma; %80-90 oranında 6. ve 8. haftalarda ortaya çıkar ve çoğunlukla birinci trimester sonunda kendiliğinden geriler. 2. ve 3. Trimesterde devam eden şiddetli bulantı kusma durumlarında ileri inceleme yapılması gerekebilir (7,8,9).

Gebelikte bulantı , kusma etyolojisi pek açıklanamamış olsa da hormon seviyelerindeki değişikliğe bağlı olarak gastrointestinal sistem motilitesinde azalmanın ve psikolojik faktörlerin üzerinde durulmaktadır. Beta hcg seviyesi ile bulantı kusma arasında ciddi bir ilişki olduğu düşünülmektedir (1,7,8).

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bağlı karın iç organlarındaki yer değişikliği göz ardı edilmemeli, değerlendirme ona göre yapılmalıdır.

Tedavide ise gebeliğe uygun ilaç ve destek tedavileri seçilmeli , fetusa zarar verebilecek her türlü müdahaleden kaçınılmalıdır.

Anahtar Kelimeler : gebelik, karın ağrısı, hiperemesis, reflü, akut batın

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