



Itching information

You may find in pregnancy that your skin becomes more sensitive, and if you change your washing detergent or shower gel, you may experience itchiness immediately after exposure. Try to avoid scented products or anything which triggers a reaction.

Severe itching, especially in your hands and feet, to the extent that it keeps you awake at night, can be a sign of a problem with your liver. You will need blood tests to rule this out, so contact your healthcare provider to discuss these symptoms.