

COMMON DISCOMFORTS OF PREGNANCY

Symptom

What to Do

Nausea

- Eat dry crackers, toast, or cereal before getting up or when feeling sick.
- Eat five or six small meals a day
- Drink lots of water between meals, but not during meals
- Avoid strong food smells
- Avoid greasy or spicy foods

Heartburn

- Stay away from greasy and spicy food
- Eat smaller meals, but more often
- Do not lie down after eating
- Elevate the head of the bed (with pillows) while sleeping

Dizziness

- Change our position slowly
- Get up slowly after you have been lying down
- Eat regular meals/drink plenty of liquids
- Do not stay in the sun
- Report any dizziness to your doctor or OB nurse

Varicose veins

- Avoid stockings or girdles with elastic bands
- Use support hose
- Put support hose on while lying down
- Take short rests with legs raised
- Do not cross your legs

Shooting pains down legs

- Change position: if you are sitting, stand up; if you are standing, sit down

Lower Leg Cramps

- Elevate legs often during the day
- Point toes upward and press down on kneecap
- Apply a heating pad or hot water bottle for relief
- Avoid heavy meals at bedtime

Trouble Sleeping

- Do not eat just before sleep
- Try drinking milk to help you relax
- Take a warm bath or shower before you go to bed

Feel Faint When Lying
On Back

- Lie on your left side

Tender Breasts

- Wear a support bra
- It may help you to wear a bra 24 hours a day

Symptom**What to do**

Leaking Breasts

- Wear nursing pads or tissues in your bra

Frequent Urination

- Limit fluids before bedtime

Fatigue

- Fatigue is common early and late in pregnancy
- If advised, try to exercise each day to keep from getting so tired
- Lie down at least once a day

Constipation

- Eat raw fruits, vegetables, prunes and whole grain or bran cereals
- Exercise helps; walking is a very good exercise
- Drink at least 2 quarts of water each day
- A cup of hot water three times a day may help

Hemorrhoids

- Try to keep bowel movements regular
- Take short rests with hips lifted on a pillow
- Sit on firm chairs
- Practice the Kegel exercises

Low Backache

- Rest often
- Use good posture
- Move around; do not stand in one place too long
- Use a footstool for your feet
- Keep your knees higher than your hips when sitting or reclining
- Wear low-heeled shoes

Vaginal Discharge
(Itching, Discharge, Odor)

- Bathe the outer vaginal area often
- Use soap without perfume
- Do not use vaginal sprays, powders or feminine hygiene products
- Do not use colored or perfumed toilet paper
- Wear cotton panties
- Avoid pantyhose, girdles and tight pants
- If these hints do not help, talk with the doctor or OB nurse about the problem.