

COMMON DISCOMFORTS OF PREGNANCY

<u>Symptom</u>	<u>What to Do</u>
Nausea	<ul style="list-style-type: none">-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	<ul style="list-style-type: none">-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	<ul style="list-style-type: none">-Change our position slowly-Get up slowly after you have been lying down-Eat regular meals/drinks plenty of liquids-Do not stay in the sun-Report any dizziness to your doctor or OB nurse
Varicose veins	<ul style="list-style-type: none">-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	<ul style="list-style-type: none">-change position: if you are sitting, stand up; if you are standing, sit down
Lower Leg Cramps	<ul style="list-style-type: none">-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	<ul style="list-style-type: none">-Do not eat just before sleep-Try drinking milk to help you relax-Take a warm bath or shower before you go to bed

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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
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.