

## Common Discomforts of Pregnancy

<b>Symptoms</b>	<b>What To Do</b>
Nausea	<ul style="list-style-type: none"><li>-Eat dry crackers, toast, or cereal before getting up or when feeling sick</li><li>-Eat five or six small meals a day</li><li>-Drink lots of water between meals, but not during meals</li><li>-Avoid strong food smells</li><li>-Avoid greasy or spicy foods</li></ul>
Tender Breasts	<ul style="list-style-type: none"><li>-Wear a support bra</li><li>-It may help to wear a bra 24 hours a day</li></ul>
Leaking Breast	<ul style="list-style-type: none"><li>-Wear nursing pads or tissues in your bra</li></ul>
Frequent Urination	<ul style="list-style-type: none"><li>-Limit fluids before bedtime</li></ul>
Fatigue	<ul style="list-style-type: none"><li>-Fatigue is common early and late in pregnancy</li><li>-If advised, try to exercise each day to keep from getting so tired</li><li>-Lie down at least once a day</li></ul>
Constipation	<ul style="list-style-type: none"><li>-Eat raw fruits and vegetables, prunes, and whole grain or bran cereals</li><li>-Exercise helps; walking is very good</li><li>-Never hold back a bowel movement</li><li>-Drink at least 2 quarts of fluid each day</li><li>-A cup of hot water three times a day may help</li></ul>
Hemorrhoids	<ul style="list-style-type: none"><li>-Try to keep bowel movements regular</li><li>-Take short rest with hips lifted on a pillow</li><li>-Sit on firm chairs or sit with your legs crossed</li><li>-Practice the Kegel exercises</li></ul>
Low Backache	<ul style="list-style-type: none"><li>-Rest often</li><li>-Use good posture</li><li>-Move around; do not stand in one place too long</li><li>-Use a footstool for your feet</li><li>-Keep your knees higher than your hips</li><li>-Wear low-heeled shoes</li><li>-Use the pelvic rock exercise</li></ul>
Vaginal Discharge	<ul style="list-style-type: none"><li>-Bathe the outer vaginal area often</li></ul>

## Common Discomforts of Pregnancy Continued

(Itching, discharge, Odor)	<ul style="list-style-type: none"><li>-Use soap without perfume</li><li>-Do not use vaginal sprays, powders, or feminine hygiene products</li><li>-Wear cotton underwear</li><li>-Avoid pantyhose, girdles, or tight pants</li><li>-If these hints do not help, talk with your health care provider about the problem</li></ul>
Heartburn	<ul style="list-style-type: none"><li>-Stay away from greasy and spicy food</li><li>-Eat smaller meals, but eat more often</li><li>-Do not lie down just after eating</li><li>-Elevate the head of the bed (with pillows) while sleeping</li></ul>
Dizziness	<ul style="list-style-type: none"><li>-Change your position slowly</li><li>-Get up slowly after you have been lying down</li><li>-Eat regular meals, drink plenty of liquids</li><li>-Do not stay in the sun</li><li>-Report any dizziness to your health care provider</li></ul>
Varicose Veins	<ul style="list-style-type: none"><li>-Avoid stockings or girdles with elastic bands</li><li>-You may use support hose</li><li>-Put support hose on while lying down</li><li>-Take short rests with legs raised</li><li>-Raise your legs when you sit down: do not cross your legs</li></ul>
Shooting Pains Down Legs	<ul style="list-style-type: none"><li>-Change positions; If you are sitting, stand up and if you are standing, sit down</li></ul>
Lower Leg Cramp	<ul style="list-style-type: none"><li>-Elevate legs often during the day</li><li>-Point toes upward and press down on kneecap</li><li>-Apply a heating pad or hot water bottle for relief</li><li>-Avoid heavy meals at bedtime</li></ul>
Increased Secretions Mucous – nose, throat, mouth	<ul style="list-style-type: none"><li>-Take care of these problems as best as you can; do not use over-the-counter medicines: check with your health care provider</li></ul>
Trouble Sleeping	<ul style="list-style-type: none"><li>-Do not eat just before sleep</li><li>-To help you relax, try drinking milk</li><li>-Take a warm bath before you go to bed or practice relaxation exercises</li></ul>
Feel faint when lying on back	<ul style="list-style-type: none"><li>Lie on your left side</li></ul>