

Coping with Common Discomforts During Pregnancy



What You Need to Know

Being pregnant is an exciting time, but it's also a time of many physical changes. Aside from weight and body shape, other changes happen:

- Your heart works harder.
- Your temperature is a little higher.
- Your joints and ligaments are more flexible and hormones change.

Some of the Most Common Discomforts and Ways to Find Relief

Nausea and Vomiting

- Eat six small meals a day rather than three large ones.
- Avoid greasy, high-fat foods.
- Eat starchy foods like crackers, toast, or cereal in the morning before you get out of bed.
- Try carbonated drinks as well as peppermint, spearmint, and chamomile teas.
- Take prenatal vitamins only as directed by your doctor.

Constipation

- Increase the amount of fiber in your diet, eating foods high in fiber like fruits, raw vegetables, whole grain products, nuts, and dried fruits.
- Drink eight full glasses of water each day.
- Eat prunes or figs or drink prune juice, since these fruits contain a natural laxative.
- Avoid laxatives and iron supplements (any prescriptions for iron can be adjusted if they become a problem, just talk to your doctor).

We Offer Maternity Care Right in Your Neighborhood!

High-Risk Case Management

If you are having problems with your pregnancy, our case managers can help and answer any questions you may have.

Questions?

Call our Patient Assistance Line at **(888) 787-1712**

TDD/TTY users can dial 711.
Monday - Friday, 9:00 a.m. - 5:00 p.m.

Continued on back →



Hemorrhoids

- Maintain a diet high in fiber.
- Drink eight full glasses of water each day.
- Try applying witch hazel or Tucks pads to the area, which will relieve symptoms.
- Avoid over-the-counter laxatives and talk to your doctor about using stool softeners.

Fatigue

- Get as much rest or sleep as you can, even if it is just short naps.
- Try a warm bath, massage, or hot drink before bed.

Breast Tenderness

Breast tenderness is most uncomfortable in the first three months. Wear a good supportive bra to help you feel more comfortable.

Frequent Urination

Frequent urination is also another symptom that is most uncomfortable during the first trimester and the end of pregnancy. Do not restrict the amount of fluids you drink. As long as you don't have burning or pain with urination, frequent urination is normal and will go away in time.

Heartburn

- Eat smaller but more frequent meals.
- Avoid highly seasoned, rich, and fatty foods.
- Do not lie down flat after eating.
- Try carbonated beverages and milk.

Backache

- Try not to stand or sit in one position for too long.
- An exercise called the pelvic rock can help reduce pain and strengthen your lower back muscles.
- Elevate your feet on a stool while you are sitting.

Dizziness

- Move slowly when getting up from a sitting or lying position.
- Eat well — and often.
- If you are prone to low blood sugar, carry snacks at all times (juices and fruits are good choices).

Swelling of the Hands and Feet

- Make sure you are drinking enough water.
- Elevate your feet whenever possible, being careful never to lay flat on your back as this can cut off the circulation to you and your baby. Try placing a pillow underneath one hip to tilt yourself off your back. Or, just lay completely on one side, and then place pillows under your legs to prop up your feet.

Knowledge Is Power

If you have questions about your pregnancy, ask your doctor. You can also visit the following websites:

March of Dimes: www.marchofdimes.org

First 5 California: www.first5california.com

Remember: If you have any questions or concerns at any time, make sure you contact your doctor right away.