

Ways to Relieve Discomforts During Pregnancy

(If symptoms persist or are severe, talk with your health care provider.)

Nausea and vomiting (morning sickness)

- Eat 4 or 5 small meals a day rather than three large meals.
- Eat crackers before getting out of bed.
- Eat a well-balanced diet, high in complex carbohydrates and low in fat, with enough B vitamins.
- Drink beverages between, rather than with, meals.
- Eat a snack, such as peanut butter on crackers and a glass of milk, or cereal and milk, before going to bed.
- Talk with your doctor if you are vomiting more than twice a day.

Fatigue

- Listen to your body – rest.

Headaches

- Try to relieve with rest and relaxation.
- You may use over-the-counter acetaminophen; no aspirin during pregnancy.

Constipation

- Eat lots of “bulk” food: whole grains, bran, raw vegetables, fresh fruit.
- Drink 8 to 10 glasses of water a day.
- Establish a regular bowel routine.
- Exercise regularly, such as walking.
- Do not take laxatives unless they are prescribed for you.

Backache

- Maintain proper posture.
- Try pelvic tilt exercises.

Leg cramps

- Partner can place heel of mom’s foot in palm of hand, then gently use forearm to push the ball of her foot toward her body – *gentle* massage only.
- Avoid carbonated beverages and drink more milk.
- Help prevent leg cramps by doing calf stretches.

Heartburn

- Eat small frequent meals.
- Avoid fatty and highly spiced foods.
- Avoid lying down right after a large meal.
- Avoid ice cold, very hot or carbonated beverages.
- Check with your care provider about using an antacid.
- Take a walk after eating to improve digestion.

Shortness of breath

- Maintain correct posture.
- Do not lie on your back.

Swelling in legs and feet

- Increase fluid intake.
- When possible at home or work, sit instead of stand, lie down instead of sit and elevate feet several times a day.
- Do foot twirls. However, use caution when pointing toes downward, as it may cause cramps in legs and feet.
- Apply support hose before you get out of bed or after legs have been elevated.
- Lie on left side for 30 minutes twice a day.
- Report to your health care provider any marked or sudden increase.

Hemorrhoids

- Avoid constipation.
- Do Kegel exercises for circulation.
- Apply witch hazel compresses (Tucks).

Varicose veins

- Elevate legs 2 to 5 minutes several times a day.
- Wear support hose.
- Avoid crossing your legs.
- Avoid prolonged sitting and standing.

Vaginal discharge

- This is considered normal unless you have burning, itching or foul odor.
- Do not douche.
- Shower or bathe daily.