



Usual Complaints and Problems of Pregnancy

NAUSEA – What to Do

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

TENDER BREASTS – What to Do

- Wear a good bra (It may help to wear it to bed).

LEAKING BREASTS – What to Do

- Wear nursing pads or tissues in your bra.
- Apply pressure to your nipple.

FREQUENT URINATION – What to Do

- Limit fluids before bedtime.
- Limit fluids when a bathroom is not close. (Drink necessary fluids at other times.)

FATIGUE (Fatigue is common early and late in pregnancy) – What to Do

- Try to exercise each day to keep from getting tired.
- Lie down at least once a day.

CONSTIPATION – What to Do

- Eat raw fruits, vegetables, prunes and whole grain or bran cereals.

- Exercise helps. Walking is very good.
- Never hold back a bowel movement.
- Drink at least two quarts of fluid each day.
- Drinking a cup of hot water three times a day may help.

HEMORRHOIDS – What to Do

- Try to keep bowel movements regular.
- Take short rests with hips lifted on a pillow.
- Sit on firm chairs or sit tailor style on the floor.
- Practice the Kegel exercise.

LOW BACKACHE – What to Do

- Rest often.
- Keep good posture.
- Move around rather than stand in one place too long.
- Use a footstool for your feet.
- Keep your knees higher than your hips.
- Wear low-heeled shoes.

BLEEDING GUMS – What to Do

- Use a soft toothbrush and brush gently.
- Drink more orange juice and eat more foods high in Vitamin C.

VAGINAL DISCHARGE (Itching/ discharge/odor) – What to Do

- Bathe the outer vaginal area often.
- Use non-perfumed soap.
- 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.

HEARTBURN – What to Do

- Stay away from greasy and spicy food.
- Eat smaller meals, but eat more often.
- Don't lie down just after eating.
- Check with your health care provider about taking antacids.

DIZZINESS – What to Do

- Change your position slowly.
- Get up slowly when you have been lying down.
- Eat regular meals.
- Do not stay in the sun too long.
- Report ANY dizziness to your health care provider.

FEELING FAINT WHEN LYING ON BACK – What to Do

- Lie on your left side.

VARICOSE VEINS – What to Do

- Avoid stockings or girdles with elastic bands.
- Wear support hose. Put them on while lying down.
- Take short rests with legs raised.
- Raise your legs when you sit down.

LOWER LEG CRAMPS – What to Do

- Elevate legs often during the day.
- Point toes upward and press down on kneecap.
- Use a heating pad or hot water bottle for relief.
- Avoid meals at bedtime.
- Limit milk to two glasses a day.

SWELLING FEET AND HANDS – What to Do

- Lie on your left side for 30 minutes. (Do this three or four times a day.)
- Exercise often.
- Drink more fluid.
- Eat three servings of protein each day.
- Contact your health care provider if you wake up in the morning with swelling.

Tell your doctor or clinic about any problems/complaints you have been having and what you have done to provide relief.

If at any time these methods don't work, CALL your health care provider.

Adapted From Nine Months to Get Ready. . . You Can Make a Difference, the Arizona Department of Health Services.