

Relief for Common Problems During Pregnancy

Nausea and Vomiting

Morning sickness may occur during the early months of pregnancy. If you have morning sickness, try the following:

- Eat a dry snack before getting out of bed. This snack could be crackers, dry cereal, or toast. Put this snack by your bed the night before.
- Eat small meals, more often. Waiting too long to eat can trigger nausea.
- Drink liquids between meals to avoid getting too full.
- If you feel nauseated between meals drink small amounts of juice or carbonated beverages.
- Avoid fried or greasy foods. These include butter, margarine, mayonnaise, pastries, French fries, gravies, bacon, and fried meats.
- Avoid strong odors.
- Have plenty of fresh air in the room that you sleep in.



Constipation

As your body changes during pregnancy you may experience constipation. Not enough fiber or liquids, and a lack of exercise can also cause constipation.

To help relieve constipation, try the following:



- Increase your fiber intake. Eat more raw fruits and vegetables. Try whole grain breads and cereals. These include whole wheat bread, brown rice, bran, and oatmeal.

- Drink more liquids. Try to drink 8 glasses of fluids a day, especially when increasing your fiber intake. Fluids can include: water, juice, and milk.
- Exercise regularly.



Heartburn

Pregnancy causes changes in your body that can lead to heartburn. Heartburn occurs more often in the later months of pregnancy. As your baby grows the pressure on your stomach is increased.

If heartburn is a problem, try to:

- Eat smaller meals, more often. Instead of 3 meals a day try 5 or 6 small meals.
- Avoid spicy and fatty foods.
- Drink liquids between meals.
- Avoid lying down for an hour after eating.
- Wear comfortable, loose fitting clothes.

