

Tips for Relieving the Discomforts of Pregnancy

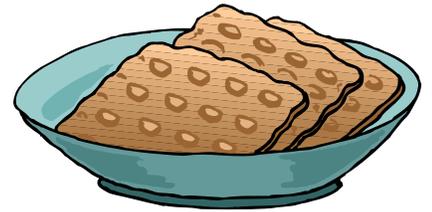
Constipation or Hemorrhoids

- Drink at least 6 to 8 cups of beverages a day (water, fruit juices, or milk)
- Eat whole grain breads and cereals, fresh fruits and vegetables, and dried fruits (especially prunes)
- Eat meals and snacks at about the same time every day
- Do some easy physical activity every day such as taking a walk
- Do not take laxatives unless you have talked with your physician



Nausea and Vomiting (morning sickness)

- Eat several small meals and snacks during the day
- Eat foods that are dry and easy to digest
- Drink beverages (water, fruit juices, milk) after eating instead of with food
- Avoid strong smells
- Keep crackers beside your bed, eat some before getting out of bed in the morning
- Avoid fried foods



Heartburn or Feeling Full

- Eat several small meals and snacks during the day
- Chew your foods well
- Eat slowly
- Avoid spicy or fried foods
- Avoid foods that cause you to burp or belch
- Wear loose clothing
- Sit-up after meals rather than laying down
- Relax and enjoy your mealtimes



Talk to your doctor if any of these problems persist. *Never* take drugs or medicine during pregnancy without first asking your doctor.

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TIPS TO REDUCE NAUSEA

1. Eat small, frequent meals.
2. Avoid eating in a stuffy, hot room. Eat in a relaxed atmosphere.
3. Chew foods slowly.
4. Select mild, plain foods. Avoid excessively sweet or spicy foods. Avoid foods with strong odors.
5. Avoid high fat foods as they delay stomach emptying.
6. Eat dry foods, especially saltines, soon after getting up in the morning.
7. Breads, cereals, rice, and pasta are well tolerated.
8. Wait to take liquids after the meal to avoid over-extending the stomach
9. Sip liquids slowly. Clear beverages are recommended. Avoid temperature extremes of liquids. Bland rather than sweet beverages may be better tolerated.
10. Carbonated beverages that are allowed to “de-fizz” slightly may be better tolerated.
11. Try not to lie flat for at least two hours after eating, but avoid excess activity as this can slow digestion.
12. Eat breakfast foods or a light snack at supper if you find that a regular supper is too heavy.
13. If breakfast is your best meal, maximize your intake at this time.
14. Check with your doctor concerning anti-nausea medicine.