



HELP WITH COMMON PREGNANCY DISCOMFORTS

1. Nausea and Vomiting (most common during the first trimester):
 - Eat small frequent meals. Eat what you want, when you want it. Keep a snack at the bedside.
 - Rest (lie down)
 - Raspberry tea or peppermint tea
 - Hard candy
 - Sea bands for acupressure point in wrists
 - Pyridoxine (Vitamin B6) 10-25 mgs three times a day or 50 mgs twice a day
 - Sip carbonated beverages
 - Restrict fat intake
 - Avoid greasy and fried foods, and foods with strong or offensive odors
2. Breast Tenderness:
 - Supportive bra that fits properly
 - Careful lovemaking
 - Know this will soon pass after first trimester
3. Backache:
 - Massage
 - Application of ice or **heat**
 - Warm bath or shower
 - Pelvic rock/tilt
 - Good body mechanics (stoop rather than bend to lift)
 - Good posture
 - Supportive low heeled shoes. **No high heels!!**
 - Pillow in lumbar area when sitting, or between legs when lying on side
 - Pregnancy support belt or girdle
 - Good support bra
 - Mild exercise, stretching
4. Fatigue:
 - Usually a first trimester problem. You should notice improvement by 16 weeks
 - Mild exercise
 - Good nutrition
 - Decrease activities and plan rest periods
5. Heartburn:
 - Eat small frequent meals.
 - Decrease the amount of fluids taken with meals; drink fluids between meals
 - Sleep with head elevated

- Raw almonds after meals
 - Avoid fatty foods, spicy foods
 - Avoid eating before bedtime
 - Antacids (TUMS) as needed
 - Zantac OTC as directed
6. Constipation: **These suggestions are most effective when used in combination.
- Increase fluids (minimum of 10 glasses of water a day)
 - Increase roughage (fiber)
 - Drink prune juice or eat prunes
 - Adequate rest
 - General exercise, daily walk
 - Warm liquids upon rising to stimulate peristalsis
7. Hemorrhoids:
- Avoid constipation
 - Sitz baths
 - Avoid straining with bowel movement
 - Witch Hazel compresses (Tucks)
 - Frozen cotton balls
 - Kegel exercises
 - Preparation H or Annusol suppositories as directed
8. Varicosities (legs):
- Support stockings (TEDS hose) applied before getting out of bed
 - Avoid wearing constrictive clothing
 - Rest periods with legs elevated
 - Avoid long periods of standing/sitting
 - Avoid crossing legs
 - Mild exercise and walking
 - Vitamin E, may take 100-800 IU daily
9. Varicosities (vulvar):
- Perineal pad
 - Warm soothing baths
 - Maternity abdominal support or girdle
 - Kegel exercises
10. Leg Cramps
- Decrease phosphate in diet by drinking no more than 2 glasses of milk per day
 - Calcium supplements with magnesium
 - Massage affected leg
 - Don't point toes, flex ankle to stretch calf (strong, steady pressure against bottom of foot)
 - Keep legs warm
 - Exercise, walking, good body mechanics
 - Elevate legs periodically throughout the day
11. Faintness
- Change positions slowly
 - Avoid dehydration (force fluids)
 - Avoid lying flat on your back
 - Avoid prolonged standing or sitting
 - Avoid being in close, warm places (avoid crowds)

12. Headaches:
 - Head, shoulder, and neck massage
 - Hot or **cold** compresses to sinus area for sinusitis
 - Rest
 - Warm baths
 - Tylenol 325 mg tabs, 1 – 2 tabs every four hours as needed
 - Have vision checked if you wear contacts
13. Increased Vaginal Discharge:
 - Wear cotton crotch underwear
 - Change underwear frequently
 - **Do not douche or use feminine sprays**
14. Urinary Frequency:
 - Avoid caffeine
15. Insomnia:
 - Warm bath
 - Hot drink, warm milk, chamomile tea
 - Good book or television (non-stimulating activity before bedtime)
 - Avoid daytime napping
 - Progressive relaxation techniques
 - Massage
16. Round ligament pain:
 - Warm baths
 - Avoid sudden movement or twisting movements
 - Flex knees to abdomen (bend toward pain to ease the stretch on the ligament)
 - Pelvic tilt
 - Support uterus with a pillow when lying down (also use pillow between knees)
 - Increase calcium and magnesium
 - Maternity abdominal support or girdle
17. Symphysis pubis pain:
 - Maternity girdle
 - Shift positions very slowly
 - Keep weight evenly balanced on feet
18. Carpal tunnel syndrome (tingling and numbness of fingers):
 - Good posture
 - Lying down
 - Rest and elevate affected hand
 - Ice
 - Vitamin B6 supplements
 - Massage
19. Nasal stuffiness
 - Increase fluids
 - Humidifier to keep membranes moist
 - Ocean (saline) nasal spray