

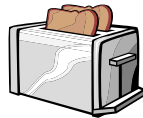
Common Concerns in Pregnancy

Nausea (morning sickness), gas, constipation, and heartburn can make you feel miserable during your pregnancy. They are caused by normal hormone changes in your body and the baby growing and taking up more room.

Here are some things you can do to help you feel better.

Nausea

- ◆ **Eat before getting out of bed in the morning.** Keep crackers, dry cereal, or toast by your bed for when you first wake up.
- ◆ **Get out of bed slowly and avoid sudden movements.**
- ◆ **Eat 5 or 6 small meals during the day** to avoid long periods without eating. An empty stomach can make you feel worse.
- ◆ **Drink liquids between meals.** Fruit juice and caffeine-free sodas may help settle your stomach.
- ◆ **Avoid odors and tastes that make you queasy.** Someone else may need to help with cooking.
- ◆ **Have fresh air** in the room when you cook, eat, or sleep. Smelling a fresh-cut lemon may also help.
- ◆ **Take your prenatal vitamins before going to bed.**



Gas

- ◆ **Avoid foods that can produce gas** such as onions, garlic, beans, cabbage, broccoli, Brussels sprouts, and cauliflower.
- ◆ **Try a mild activity like walking.**
- ◆ **Eat and drink slowly.** Avoid chewing gum.

Constipation

- ◆ **Eat a high fiber diet.** Include more fruit, vegetables, beans, and whole grains. Try whole grain cereals and breads such as oatmeal, whole wheat breads, and brown rice. Add wheat germ to your cereal or have a bran muffin.
- ◆ **Have prunes (dried plums) or prune juice.**
- ◆ **Drink more liquids** such as water, milk, cocoa, fruit juice and soup. A glass of warm water first thing in the morning may also help.
- ◆ **Eat meals at regular times.**
- ◆ **Exercise daily.** Try walking or swimming. Check with your doctor first.

Heartburn

- ◆ **Eat 5 or 6 small meals a day.**
- ◆ **Eat and chew slowly.**
- ◆ **Avoid coffee, colas, chocolate, and fatty, greasy, or spicy foods.**
- ◆ **Wear clothes that are loose around your waist.**
- ◆ **Avoid lying down right after eating.** Wait at least an hour. If you must lie down, do so on your left side.
- ◆ **Prop a few pillows under your head when you sleep** or prop the top of the bed up on a few blocks.
- ◆ **Quit smoking.**
- ◆ **Antacids such as Tums™ are generally safe to take during pregnancy, but ask your doctor first.**



If any of these problems continue, talk to your doctor. Do not take any medications or herbal remedies before talking with your doctor.

For a healthy pregnancy, I will: _____