

NORMAL CHANGES OF PREGNANCY

SYMPTOM

COMFORT MEASURE

Nausea	<ul style="list-style-type: none">*Eat dry crackers, toast or cereal before getting up in the morning (keep on nightstand) or when feeling sick.*Eat 5-6 small meals a day.*Drink plenty of fluids between meals.*Avoid hot, spicy, and fatty foods.*Avoid strong food smells.*Avoid fatigue and stress which may increase the likelihood of nausea.
Tender Breasts	<ul style="list-style-type: none">*Wear a good, supportive bra.
Leaking Breasts	<ul style="list-style-type: none">*Practice good hygiene.*Wear nursing pads in your bra, if necessary.*No breast stimulation.
Frequent Urination	<ul style="list-style-type: none">*Do not hold urine.*Drink plenty of fluids, limiting fluids only at bedtime.
Fatigue	<ul style="list-style-type: none">*Try to get some exercise, such as walking, every day.*Lie down at least once a day.*Obtain a minimum of eight hours sleep every day.
Constipation	<ul style="list-style-type: none">*Eat raw fruits, vegetables, prunes, and whole grain or bran cereals.*Exercise, such as walking, helps.*Never hold back a bowel movement.*Drink at least two quarts of fluid each day.
Hemorrhoids	<ul style="list-style-type: none">*Try to keep bowel movements regular.*Take short rests with hips on pillow.*Sit on firm chairs or sit tailor style on the floor.*Practice the Kegel Exercise.
Low Backache	<ul style="list-style-type: none">*Rest often.*Keep good posture.*Receive a massage, use counter-pressure technique.*Move around rather than standing in one place too long.*Use a footstool for your feet.*When lying down, keep your knees higher than your hips.*Wear low-heeled shoes.*Use the pelvic-rock/tilt exercise.
Lightheadedness/Faintness	<ul style="list-style-type: none">*Rise slowly from sitting or lying.*Eat regularly. (This means three meals a day with healthy snacks in between.)*Limit caffeine intake.*Be careful while driving or operating machinery.

Pain, or a "catch" in the groin: (Usually temporary and goes away with a position change)	<ul style="list-style-type: none"> *Change position. *Massage the area. *Apply a hot water bottle to the region. *If pain persists, notify medical caregiver.
Skin Changes	<ul style="list-style-type: none"> *Wear a sunscreen. *Moisturize dry skin.
Heartburn	<ul style="list-style-type: none"> *Eliminate spicy, fatty foods from diet. *Eat slowly. *Small, frequent meals are recommended, rather than overeating. *Before taking an over-the-counter relief measure, ask your doctor.
Leg Cramps	<ul style="list-style-type: none"> *Flex foot upwards. *Apply a hot water bottle. *Gentle massage. *Diet recall-assess consumption of a wide variety of foods, especially those high in calcium and potassium *Discuss with your doctor. *Calcium supplement 1500 mg in evening.
Holding or Retaining Water	<ul style="list-style-type: none"> *Drink plenty of water. *Diet recall-assess adequate protein intake. (Inadequate protein intake may cause fluid retention.) *Diet recall-assess sodium intake. (Too much salt or salty foods may cause fluid retention.) *Discuss with doctor. *Alternate activities, rest with legs elevated versus walking.
Increased Vaginal Secretions	<ul style="list-style-type: none"> *Good hygiene with mild soap and water. *Do not douche. *Report excessive secretions and/or itching to your doctor. *A sudden gush of fluid or constant leaking should be reported immediately to your doctor.
Varicose Veins	<ul style="list-style-type: none"> *Exercise, such as walking, daily. *Put on elastic support stockings before getting out of bed. *Wear low-heeled, comfortable shoes. *Rest a couple of times each day, with legs elevated above heart level.