

Discomforts of Pregnancy

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Constipation or Hemorrhoids

Why?

- Hormonal changes affect the stomach and intestines
- The uterus is growing and pushing on the lower intestine
- The baby is growing and pushing on the colon

Tips:

- Drink at least 6 to 8 cups of water, fruit juice or milk a day
- Eat whole grain breads and cereals
- Eat fresh fruits and vegetables and dried fruits
- Eat meals and snacks at about the same time every day
- Do some easy physical activity every day such as walking
- Do not take laxatives unless your doctor says it's ok



Nausea and Vomiting (Morning Sickness)

Why?

- Hormonal changes that happen early in pregnancy
- Tension due to stressful situations
- Anxiety about the pregnancy

- Poor diet

Tips:

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



Heartburn or Feeling Full

Why?

- The uterus is growing and pushes on the stomach
- Food backs up from the stomach into the lower part of the esophagus
- Stomach acid mixes with food causing a "burning" feeling
- The name comes from the pain being near the heart. The actual heart is not involved.

Tips:

- Eat several small meals and snacks during the day
- Chew your food well
- Eat slowly
- Avoid spicy or fried foods
- Avoid foods that make you burp
- Wear loose clothing



- Sit up after meals rather than lie down
- Relax and enjoy your meals

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