

WHAT IS GOING ON DURING PREGNANCY – PART 2

NAUSEA

- Eat 4-5 meals a day**
- Don't let stomach become empty**
- Eat crackers before rising**
- Eat well balanced diet – Especially Vitamin B**

FATIGUE

- Listen to your body – Rest!**
- Drink plenty of fluids**

STUFFY NOSE

- Try saline nose drops**
- Warm compresses**

BACKACHE

- Maintain proper posture**
- Use good body mechanics**
- Try pelvic tilt exercises**

CONSTIPATION

- Eat lots of foods with bulk – whole grains**
- Bran, raw vegetables, fresh and dried fruits**
- Drink lots of water and fruit juices**
- Establish a daily habit**
- Get regular exercise such as walking**

LEG CRAMPS

- Husband can place the heel of his wife's foot in his palm, then gently use forearm to push the ball of her foot towards her body.**
- Help prevent with calf stretches**

HEARTBURN

- Eat small frequent meals**
- Avoid fatty and spicy foods**

Avoid lying down immediately after a meal
Avoid ice cold, very hot, or carbonated beverages

SHORTNESS OF BREATH

Maintain correct posture
Use good body mechanics
Sleep propped up with pillows

SWELLING IN LEGS AND FEET

Increase fluids to eliminate salts
Sit instead of stand; elevate feet several times a day