
THE DISCOMFORTS OF PREGNANCY

Morning Sickness Heartburn Constipation



Morning Sickness

This usually occurs around the 6th to the 16th week of pregnancy and can happen at any time, day or night.

What to do -

- ◆ If you feel sick first thing in the morning, eat a dry biscuit or dry toast before getting out of bed. Movement can often make you more nauseous.
- ◆ Eat small meals often (6-8 a day), even if it is just a dry biscuit or a piece of fruit.
- ◆ Drink between meals rather than with meals.
- ◆ Try avoiding tea and coffee.
- ◆ Try avoiding fatty foods - (fried foods, fatty meats, chips, ice cream etc) and eating spicy foods such as curries and chillies.
- ◆ Cold foods are often better tolerated than hot. Try cold meat and salad, fresh chicken sandwich, cheese and biscuits, fruit salad, cold pudding, yoghurt.
- ◆ Sometimes salty foods (eg. salted biscuits, soup and crackers) or sour foods (eg. grapefruit and yoghurt) may help with nausea.
- ◆ Sip on flat dry ginger ale.
- ◆ Give yourself at least 15 minutes to sit down and relax before meal times. Read a book, listen to music or just day dream.
- ◆ If vomiting regularly, be sure to replace fluids with regular sips/drinks.
- ◆ Contact your doctor if you are unable to keep down fluids due to vomiting and nausea.



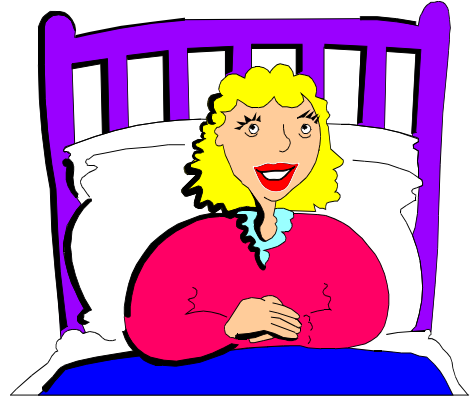
Heartburn

This usually occurs in the later stage of pregnancy.

It is due to the baby putting pressure on the stomach which causes acid to move up and cause a burning sensation.

Try these ideas to reduce the pain -

- ◆ Eat small meals regularly (6 - 8 meals per day).
- ◆ Eat slowly.
- ◆ Avoid fatty foods and highly spiced foods.
- ◆ Drink in between meals instead of with food.
- ◆ Avoid alcohol, smoking and foods containing caffeine (tea, coffee, cola drinks and chocolate flavoured drinks and foods).
- ◆ Avoid bending down or lying down for 1-2 hours after meals.
- ◆ Sleep propped up with a pillow.



Constipation

There may be a number of reasons for becoming constipated during pregnancy -:

- ◆ taking iron tablets.
- ◆ baby pressing down on your bowels.
- ◆ hormonal changes.

To prevent this from occurring remember these 3 important points -

- ◆ **Fluid** - try and drink at least 6 -8 glasses of water each day.
- ◆ **Fibre** - try to eat either fruit, vegetables (including salads), wholegrain bread, rice and pasta at each meal and snack.
- ◆ **Physical Activity** - walk whenever possible, swim, pregnastics (exercise classes for pregnant women)

