

Common Complaints of Pregnancy

Nausea and Vomiting

Nausea and vomiting, often called hyperemesis or morning sickness, may occur in the early months of pregnancy. It is a result of your body adjusting to the higher hormone levels of pregnancy. If you experience this discomfort, there are some things you can try.

- Eat dry crackers, toast, or cereal before getting out of bed or whenever the feeling starts
- Eat 5 to 6 small meals each day so your stomach does not get empty
- Avoid the sight, smell, and taste of foods that make you sick
- Easy to tolerate foods include baked, skinless chicken, noodles, baked potatoes, applesauce, and gelatin. If you find something that works, stay with it.
- Take your prenatal vitamins and minerals when you don't feel sick
- Do not drink liquids with meals
- Acupuncture works for many women and acupressure wrist bands may help
- Avoid off-the-shelf medications
- Ask your doctor or nurse about the use of Vitamin B₆
- Call your doctor or nurse if you are throwing up a lot, feel faint, or throw up blood

Remember, the nausea will pass!



Heartburn

This can be a problem in the last month of pregnancy. As your baby grows, there is more pressure on the stomach, which may cause stomach acids to be pushed upwards. The following tips may help:

- Avoid greasy, fried, or spicy foods, or drinks with caffeine
- Try chamomile tea
- Eat small portions, but eat more often
- Do not lie down just after eating, instead sit upright for at least one hour
- Wear loose, comfortable clothing
- Check with your doctor or nurse before using antacids
- Try lower fat or skim milk

Constipation

The hormones associated with pregnancy can slow down the movement of your intestinal system. Also, near the end of pregnancy your growing baby can put pressure on your intestines and cause them to slow down. To prevent this, you should:

- Eat more foods high in fiber such as vegetables and fruits (including dried fruit), whole grain breads, corn tortillas, brown rice, bran muffins, and bran cereals
- Drink more water and other liquids such as fruit and vegetable juices
- A cup of hot water three times per day may be helpful
- Be active every day. Walking is especially good
- Do not hold back the urge to have a bowel movement.
- Do not take laxatives
- If constipation is severe, ask your doctor or nurse about a stool softener

Fiber-Rich Foods

Apple (with skin)	Lima beans	Shredded Wheat
Almonds	Navy beans	Sweet potato
Apricot	Orange	Sunflower seed
Broccoli	Pear (with skin)	Split peas
Baked beans	Peas	Turnip greens
Bran Chex	Prunes	Whole wheat pasta
Brussel Sprouts	Peanuts	Wheaties
Carrots	Peach (with skin)	100% Bran Flakes
Corn	Pineapple	
Corn Bran	Potato (with skin)	
Figs	Raisins	
Kiwi Fruit	Raisin Bran	
Kidney Beans	Raspberries	
Lentil Beans	Strawberries	



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