

DISCOMFORTS OF PREGNANCY AND THEIR MANAGEMENT

Problem	Management
Nausea and vomiting (“Morning sickness”)	<p>Avoid foods that specifically aggravate the problem.</p> <p>Try eating a dry cracker or piece of plain toast before getting out of bed.</p> <p>Eat six small meals a day; alternate meal with no liquid with one that is only liquid.</p> <p>Drink liquids 30 minutes after solids. Drink slowly, small sips.</p> <p>Avoid greasy, fried, highly aromatic foods.</p> <p>Try foods with ginger.</p> <p>If nausea / vomiting is worsening notify rooms or birthing unit.</p>
Heartburn	<p>Try a glass of milk before going to bed or when symptoms are bad. Eat smaller meals more frequently.</p> <p>Avoid greasy foods or those that aggravate symptoms.</p> <p>Avoid lying down after eating.</p> <p>Take antacids, for example Rennie’s or Mylanta.</p>
Breast tenderness	<p>Wear a properly fitted breast feeding bra. Don’t wear underwire bras. Use a night bra if needed.</p>
Back ache	<p>Avoid excessive or undue lifting, bending or walking. Use good posture. Regular pelvic floor exercises are important.</p>
Leg cramps	<p>Apply heat to affected muscle.</p> <p>Exercise regularly, especially stretching calf. Massage to affected area.</p> <p>Some women find relief with a glass of Schweppes brand tonic water before bed or take Magnesium tablets.</p>
Varicosities	<p>Avoid prolonged standing, sitting or crossing legs at knee.</p> <p>Take rests with legs elevated.</p> <p>Wear support stockings if worsening.</p>

Foot and ankle oedema

- Avoid prolonged standing or sitting and restricted clothing.
- Remain hydrated.
- Take time to rest with legs up.
- Severe oedema (swelling) particularly of the face, requires a prompt blood pressure check.

Shortness of breath

- Recognize that shortness of breath is normal during pregnancy.
- Maintain good posture.
- Use extra pillows in bed.
- Avoid large meals.
- If symptoms continue contact your doctor / hospital.

Feeling faint

- Avoid prolonged standing or walking; avoid overheating.
- Change position slowly.
- Eat regular, well balanced meals.

Constipation

- Ensure adequate hydration, dietary fiber and roughage.
- Moderate exercise.
- Use mild laxatives such as Movicol.

Hemorrhoids

- Prevent constipation.
- Take warm soaks, or sitz (salt) baths.
- Use local anaesthetising agents.
- Avoid standing for long.