



Common Side Effects of Pregnancy

NAUSEA AND VOMITTING

Often called morning sickness, nausea and vomiting 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 discomfort, below are some remedies you can try.

Before getting out of bed in the morning:

- Eat a few low-fat crackers or a piece of dry toast. Put them by your bed the night before for easy access.
- Try to stay in bed for about 30 minutes.
- Get up slowly to avoid sudden movements.
- Eat 5 or 6 small meals a day; avoid going for long periods without food.
- When feeling nauseated, drink small amounts of ginger ale, clear soup or apple juice.
- Avoid fried and greasy foods.
- If aromas from preparing foods make you nauseous, open a window or use a fan. If someone else is cooking, stay away from the kitchen until the meal is served.
- Eat foods that are easy on your stomach (skinless chicken, noodles, baked potatoes, applesauce and gelatin).

CONSTIPATION

The hormone associated with pregnancy and the growing baby can also slow down the movement of your intestinal system. To prevent this:

- Try to eat meals at the same time each day.
- Increase the amount of fiber in your diet slowly. Too much fiber at one time can cause bloating and gas pain. Try adding 1 or 2 new fiber-rich foods into your diet each week.
- Whole grain cereals and breads such as oatmeal, whole wheat bread, bran, etc.
- Eat more raw fruits and vegetables, including skins.
- Be sure to get at least 2.3L (about 80 oz.) of water each day.
- Exercise can help move food through the intestine. Walking is the best remedy, but talk with your doctor before beginning any exercise program.

HEARTBURN

Heartburn can be a problem in the last months of pregnancy. As your baby grows, there is more pressure on the stomach, which may cause stomach acids to be pushed upwards. Try the following tips to ease heartburn toward the end of your pregnancy.

- Eat several small, nourishing meals instead of three big ones. This may prevent extra unnecessary pressure.
- Limit fried and fatty foods such as butter, mayonnaise, cream sauces, and gravies.
- Try lower fat or skim milk, as this may also help reduce heartburn.
- Avoid foods that cause gas. Sit upright for at least an hour after a meal.
- Walk for 10 minutes after meals - especially your evening meal.

The information contained here within is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

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References:

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