

NOW THAT YOU'RE PREGNANT....

NORMAL BODY CHANGES THAT OCCUR DURING PREGNANCY

Body changes occur during pregnancy. If you are aware of these changes you will be less likely to worry. Your breasts can increase in size and become tender. Mood changes are also normal. You may get tired more easily. Skin changes can occur such as stretch marks, pigment changes, acne or body hair can increase.

Morning sickness

Nausea occurs in pregnancy and can be worse in the morning. However, it can last the whole day. Try eating small, more frequent meals. Bland, low-fat foods are usually retained best. (Bananas, rice, applesauce, and toast). Keep crackers, melba toast, or dry cereal within reach of your bed. Eat some before getting out of bed. Stagger the times you eat and drink. Drink liquids mainly between meals. Avoid drinking coffee and tea. Try to take adequate fluids in even if you can not handle solids. Try food with high water content like watermelon, grapes, cantaloupe, lettuce and tomatoes. Use Sea-bands or acupuncture devices that put pressure on the wrist to help relieve nausea.

Constipation

Prevent or relieve constipation by drinking 2-3 quarts of fluids daily. Warm or hot fluids are especially helpful right after you get up. Increase your fiber by eating high fiber cereals and generous amounts of whole grains, legumes, fruits and vegetables. Fiber can also be added through pills, powders, etc. Take part in physical activities such as walking or swimming.

Heartburn

Avoid heartburn in pregnancy by eating small, more frequent meals rather than three large meals. Avoid certain foods that are highly seasoned, fried or fatty. Drink fluids mainly between meals and avoid coffee. Avoid lying down for 1-2 hours after eating or drinking, especially before going to bed. Sleep with your head slightly elevated.

Varicose Veins

To prevent or reduce discomfort with varicose veins wear support maternity hose or knee highs. Avoid sitting or standing for long periods of time, heavy lifting, or crossing legs and ankles.

Backache

Backaches can be common complaints during pregnancy. It is important to maintain proper posture, wear low heels, and use good body mechanics. Avoid standing or sitting for long periods of time. Sleep on a firm mattress. You can use a heating pad or take a warm bath. Pelvic tilt exercises can be helpful. Belly bands or other maternity girdles are strongly recommended.

Difficulty Sleeping

Finding a comfortable position and sleeping become increasingly difficult as your pregnancy progresses. Decrease lights and noise and use pillows under your knees, back, and abdomen. Decreasing stress, exercising, and using relaxation techniques can be helpful. Avoid caffeine and try drinking hot water with lemon or warm milk before bed. Taking short naps can also help you sleep better at night.