# NORMAL CHANGES OF PREGNANCY

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>COMFORT MEASURE</th>
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| Nausea               | *Eat dry crackers, toast or cereal before getting up in the morning (keep on nightstand) or when feeling sick.  
*Eat 5-6 small meals a day.  
*Drink plenty of fluids between meals.  
*Avoid hot, spicy, and fatty foods.  
*Avoid strong food smells.  
*Avoid fatigue and stress which may increase the likelihood of nausea. |
| Tender Breasts       | *Wear a good, supportive bra.                                                                                                                                                                      |
| Leaking Breasts      | *Practice good hygiene.  
*Wear nursing pads in your bra, if necessary.  
*No breast stimulation.                                                                                                                                                                            |
| Frequent Urination   | *Do not hold urine.  
*Drink plenty of fluids, limiting fluids only at bedtime.                                                                                                                                       |
| Fatigue              | *Try to get some exercise, such as walking, every day.  
*Lie down at least once a day.  
*Obtain a minimum of eight hours sleep every day.                                                                                                                                               |
| Constipation         | *Eat raw fruits, vegetables, prunes, and whole grain or bran cereals.  
*Exercise, such as walking, helps.  
*Never hold back a bowel movement.  
*Drink at least two quarts of fluid each day.                                                                                                                                                  |
| Hemorrhoids          | *Try to keep bowel movements regular.  
*Take short rests with hips on pillow.  
*Sit on firm chairs or sit tailor style on the floor.  
*Practice the Kegel Exercise.                                                                                                                                                                      |
| Low Backache         | *Rest often.  
*Keep good posture.  
*Receive a massage, use counter-pressure technique.  
*Move around rather than standing in one place too long.  
*Use a footstool for your feet.  
*When lying down, keep your knees higher than your hips.  
*Wear low-heeled shoes.  
*Use the pelvic-rock/tilt exercise.                                                                                                                                                                |
| Lightheadedness/Faintness | *Rise slowly from sitting or lying.  
*Eat regularly. (This means three meals a day with healthy snacks in between.)  
*Limit caffeine intake.  
*Be careful while driving or operating machinery.                                                                                                                  |
Pain, or a "catch" in the groin:
(Usually temporary and goes away with a position change)
*Change position.
*Massage the area.
*Apply a hot water bottle to the region.
*If pain persists, notify medical caregiver.

Skin Changes
*Wear a sunscreen.
*Moisturize dry skin.

Heartburn
*Eliminate spicy, fatty foods from diet.
*Eat slowly.
*Small, frequent meals are recommended, rather than overeating.
*Before taking an over-the-counter relief measure, ask your doctor.

Leg Cramps
*Flex foot upwards.
*Apply a hot water bottle.
*Gentle massage.
*Diet recall-assess consumption of a wide variety of foods, especially those high in calcium and potassium
*Discuss with your doctor.
*Calcium supplement 1500 mg in evening.

Holding or Retaining Water
*Drink plenty of water.
*Diet recall-assess adequate protein intake. (Inadequate protein intake may cause fluid retention.)
*Diet recall-assess sodium intake. (Too much salt or salty foods may cause fluid retention.)
*Discuss with doctor.
*Alternate activities, rest with legs elevated versus walking.

Increased Vaginal Secretions
*Good hygiene with mild soap and water.
*Do not douche.
*Report excessive secretions and/or itching to your doctor.
*A sudden gush of fluid or constant leaking should be reported immediately to your doctor.

Varicose Veins
*Exercise, such as walking, daily.
*Put on elastic support stockings before getting out of bed.
*Wear low-heeled, comfortable shoes.
*Rest a couple of times each day, with legs elevated above heart level.