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## SP441-F-Smart Choices - Tips on Pregnancy - Relief from the Discomforts

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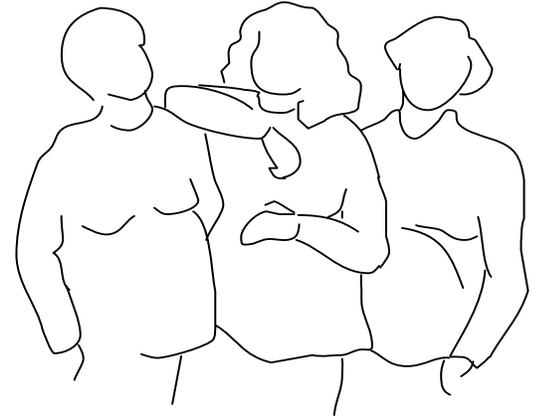
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## Smart Choices...

# Tips on Pregnancy: Relief from the Discomforts

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Not everyone has discomforts during pregnancy. If you do, the following suggestions may provide some relief.

**Do not take drugs or medicines without first asking your doctor or nurse. Even over-the-counter drugs, such as laxatives, antacids and aspirin, may not be good for you and your baby.**

## Morning Sickness

- ▶ Lie down or sit quietly. Move slowly, without sudden movements.
- ▶ Try dry crackers, toast or cereal before you get up in the morning. Eat them before you sit up.
- ▶ Keep some food in your stomach at all times. Nibble on foods from the bread and cereal, fruit and vegetable groups.
- ▶ Drink fluids and eat liquid foods, such as soup, about one-half to one hour before or after you eat solid foods.
- ▶ Eat fewer greasy, fried and high-fat foods. They can make your stomach upset.

- ▶ Eat fewer spicy and highly seasoned foods, if they make your stomach upset.
- ▶ Try juice, fruit-flavored drinks and caffeine-free soft drinks. Caffeine may irritate your stomach.
- ▶ Try to get fresh air and exercise often. Walking usually is good exercise when you are pregnant.

## Constipation

- ▶ Eat foods that are high in dietary fiber, such as whole wheat bread, bran cereal, wheat cereal, dried beans, raw fruit and vegetables (with skins), dried fruit and popcorn.
- ▶ Drink plenty of fluids. Try a little water first thing in the morning.



*Eat your crackers in bed.*

- ▶ Have frequent meals and snacks.
- ▶ Try to exercise regularly. Take a daily walk.
- ▶ Choose foods, such as prunes and prune juice, other dried fruits and apple or pear juice. They sometimes have a laxative effect.



*Try a daily walk.*

## Heartburn

- ▶ Eat small meals and snacks. Do not put too much in your stomach at one time.
- ▶ Eat your last meal or snack at least two hours before you go to bed.
- ▶ Sleep with your head and chest higher than the rest of your body. Raising your head with a pillow or raising the head of your bed by at least 6 inches may help.
- ▶ Try to sit or stand for two hours after meals rather than lying down.
- ▶ Eat fewer spicy and greasy foods; foods with chocolate, spearmint or peppermint; citrus fruit and tomato products.
- ▶ Drink fewer soft drinks and coffee. These can give you heartburn or make it worse.
- ▶ Reduce or avoid cigarette smoking. It may make heartburn worse.
- ▶ Practice deep breathing.
- ▶ Wear loose-fitting clothing.

- ▶ Drink small amounts of fluids with meals. Drink larger amounts between meals.
- ▶ Try to relax when you eat. Chew foods well.

## Leg Cramps

- ▶ Exercise regularly. Try a daily walk.
- ▶ Apply a warm cloth, hot water bottle or heating pad to the aching muscles.
- ▶ Massage muscles.
- ▶ Stretch muscles by straightening cramped leg and flexing foot.
- ▶ Elevate legs several times a day.
- ▶ Wear flat-heeled shoes.
- ▶ Reduce soft drinks.



*Drink small amounts with meals.*