



Relief from Common Problems of Pregnancy

Nausea and Vomiting

Nausea and vomiting are commonly referred to as “morning sickness,” but it can occur any time of the day. It is caused by the sudden increase in hormones due to pregnancy. It usually occurs in the first weeks of pregnancy and goes away after about three (3) months. The tips below may help reduce morning sickness:

- ♥ Sit on the side of the bed for a few minutes and then get up slowly.
- ♥ Before getting out of bed in the morning, eat a couple of crackers, dry cereal or a piece of toast.
- ♥ Get plenty of fresh air. Take a short walk.
- ♥ Eat five (5) or six (6) small nutritious meals a day.
- ♥ Skip food with strong flavors or aromas.
- ♥ Eat low-fat food, avoiding fried, fatty or greasy food.
- ♥ Eat foods that are easy to digest such as plain pasta, crackers, potatoes, rice, lean meats, fruits and vegetables.
- ♥ Stay hydrated. Try sucking on ice chips or ice pops. Drink small amounts of ginger ale, clear soup or apple juice.



It is important to visit your health care team regularly during pregnancy.

Heartburn and Indigestion

Heartburn and indigestion may be a problem, especially in the third trimester. As your baby grows, there is more pressure on the digestive organs. This may cause stomach acids to be pushed upwards. To relieve your discomfort:

- ♥ Eat several small meals and have snacks during the day. Eat slowly and chew food thoroughly.
- ♥ Don't drink a lot of liquid at meals and sit upright for at least one (1) hour after a meal.
- ♥ Limit the following food and drinks:
 - Greasy, fried or fatty food
 - Caffeinated and carbonated drinks
 - Citrus fruits and juices
- ♥ Do not eat or drink shortly before bedtime.
- ♥ Sleep with your head elevated.
- ♥ Wear clothes that are loose around your waist.



Call your doctor if you experience any of these symptoms.

Preeclampsia

Preeclampsia is a disorder that may develop during pregnancy and the postpartum period. Checking blood pressure regularly is important because the first sign of preeclampsia is commonly a rise in blood pressure. High blood pressure may develop slowly or it may have sudden onset.

Symptoms are:

- ♥ Severe headaches
- ♥ Swelling of the face or hands
- ♥ Changes in vision
- ♥ Pain in the upper stomach area
- ♥ Nausea or vomiting
- ♥ Decreased urine output
- ♥ Trouble breathing



Constipation

Pregnant women may become constipated because of hormonal changes. Other causes of constipation are a lack of fiber or liquids in the diet, as well as inactivity. If you experience this discomfort, try the following:

- ♥ Drink plenty of liquids - especially water, aiming for around 64 ounces per day. Drinking prune juice can also help. Avoid liquids that contain caffeine which may dehydrate you, such as coffee and soft drinks, until your bowel habits return to normal.
- ♥ Exercise (moderate-intensity) at least 30 minutes for most days of the week. Examples of moderate exercise are walking, swimming, stationary cycling and low-impact aerobic exercise.
- ♥ Eat meals at regular times each day.
- ♥ Avoid laxatives. Always check with your health care provider before taking any medicine or supplements.
- ♥ Eat high-fiber foods.



Breads/Cereals

Bran flakes
Oatmeal
Shredded wheat
Whole wheat bread
Whole wheat pasta
Whole wheat pita bread



Fruits

Apple, with skin
Apricots, dried
Figs, dried
Kiwi fruit
Prunes
Raisins
Raspberries
Strawberries



Whole Grains

Brown rice
Bulgar wheat
Cornmeal
Oat bran
Wheat bran



Vegetables

Beans
Broccoli, raw
Brussels sprouts
Cabbage
Carrots
Cauliflower
Corn
Potatoes, with skin
Peas
Sweet potatoes
Tomatoes, raw
Turnip greens



Other

Almonds
Coconut
Hazelnuts
Peanuts

For more information on common problems of pregnancy:

- preeclampsia.org
- stanfordchildrens.org/en/topic/default?id=common-discomforts-during-pregnancy-85-P01207
- womenshealth.gov/pregnancy/youre-pregnant-now-what/pregnancy-complications
- wicworks.fns.usda.gov/resources/preeclampsia-and-other-hypertensive-disorders



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