



## Heartburn

Heartburn is sometimes a problem during the last months of pregnancy. As your baby grows, there is increased pressure on your stomach.

If you have heartburn, try the following:

### TIPS

- Eat 5 or 6 small meals a day.
- Limit fatty and fried foods.
- If you smoke, quit.
- Wear clothes which are loose around your waist.
- Limit or avoid foods that cause you to have heartburn. Foods that can cause heartburn are spicy foods, pepper, garlic, cinnamon, peppermint, caffeine, tomato, citrus fruits, and juices.
- Drink fluids, including soups, between meals rather than with meals.
- After eating, wait 2-3 hours before laying down.
- Don't bend over right after eating.
- Prop your head up 4-6 inches when sleeping.



DEPARTMENT OF HEALTH

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# RELIEF FROM COMMON DISCOMFORTS OF PREGNANCY

– PART ONE –

- Nausea
- Constipation
- Heartburn



This pamphlet tells you about changes that may occur during your pregnancy. Tips are given for helping with the discomforts that may come with these changes. **REMEMBER:** Contact your health care provider if you think you have a health problem or before taking any prescription drugs, over-the-counter medicines, or a home remedy.

## Nausea

Nausea or vomiting, sometimes called morning sickness, may occur during the early months of pregnancy. It usually disappears after the third month.

### TIPS

- Before you get out of bed in the morning, eat a few crackers, a handful of dry cereal, or a piece of toast or dry bread. Put these within reach of your bed the night before.
- Get up slowly in the morning. Avoid sudden movements.

- Eat 5 or 6 small meals a day. Eat about every 1-1/2 to 2 hours. Don't skip meals.
- Drink fluids, including soups, between rather than with meals.
- Choose foods you feel like eating.
- When you feel nauseated between meals, drink small amounts of apple juice, grape juice, carbonated beverages, or lemonade.
- Avoid greasy and fried foods. These include butter, margarine, mayonnaise, bacon, gravies, pie crusts, pastries, fried meats, and french fries.
- Eat lightly seasoned foods. Avoid foods cooked with pepper, chili, and garlic.

- When you cook, open windows or use the exhaust fan to get rid of odors.
- Be sure to have plenty of fresh air during the day and in the room when you sleep.
- Get plenty of rest.
- Avoid odors from all sources.
- Don't get over-heated.
- Try salty or sour foods.
- Have foods easy to get when needed.



## Constipation

Certain changes which take place in your body during pregnancy may make you constipated. If you don't get enough exercise, eat enough fiber or drink enough liquids you may also get constipated.

### TIPS

- Eat more cooked dried peas, beans, & lentils.

- Eat more raw fruits and vegetables, including skins. Also try dried fruits, such as, prunes, & apricots, or prune juice.
- Use *whole grain* cereals and breads such as oatmeal, bran, whole wheat bread, and brown rice. Try wheat germ on your cereal or have a bran muffin.
- Drink more liquids. Include water, milk, cocoa, fruit juices and soups. A glass of warm water as soon as you get up may help.
- Eat meals at regular times.

- Exercise daily.
- Eat less fat for good health, but don't overdo. Fat is needed to prevent constipation.
- If constipation continues, talk to your health care provider. Do not take over-the-counter drugs or home medications such as mineral oil without your health care provider's OK.

