
PREGNANCY SYMPTOMS

and how to deal



1st trimester

Nausea

- Eat several small meals and snacks throughout the day
- Avoid lying down after eating
- Hard candy
- Ginger
- Nausea bands
- Unisom/b6 regimen
- Prescription medication

Cramping

- Drink plenty of water
- Change positions when you feel cramping to relieve pressure from that area
- Consider light stretching
- Gently massage cramped area
- Get adequate sleep/rest

Frequent Urination

- Lean forward to empty bladder completely when urinating
- Limit fluids you ingest just before bed (but don't dehydrate, just focus on getting plenty of fluids well before bedtime)
- Limit intake of diuretics such as caffeine

Vaginal Discharge

- Wear panty liners or pads to catch the discharge
- Consider keeping a spare pair of underwear with you
- Always monitor color and smell - normal discharge should be fairly clear and have no foul odor. Contact your doctor for any concerning changes to your discharge.

Spotting/bleeding

- Monitor your spotting with pads or panty liners
- Check color (brown, pink, red) and amount
- Avoid sex while bleeding
- Get plenty of rest and avoid strenuous activity if it increases your bleeding
- Let your doctor know so conditions such as subchorionic hematomas can be considered or ruled out.

Breast Tenderness

- Wear a supportive bra
- Try cold or warm compresses to relieve symptom
- Take a warm shower (but avoid water directly hitting nipples if nipples are tender)
- Talk with your doctor about pregnancy safe pain medication

Fatigue

- If you can, try to get naps in during the day.
- Delegate tasks around the house to others so you can rest.
- Consider sleeping on your left side to relieve blood pressure.
- Get some light exercise to increase energy levels.
- Hydrate
- Eat frequent meals and snacks

Itchy Skin

- Take an oatmeal bath
- Apply cocoa butter
- Avoid harsh soaps and detergents
- Wear loose clothing
- Keep an eye on symptoms and let your doctor know if your hands/feet become excessively itchy or if you notice your skin yellowing.

2nd trimester

Heartburn

- Eat small, frequent meals
- Try drinking between meals instead of during.
- Avoid lying down after eating.
- Elevate your head for sleep.
- Avoid triggering foods and ingredients such as spicy and fatty foods, citrus, and caffeine.

Indigestion/ Gas Pain

- Drink plenty of fluids
- Keep a light exercise routine
- Take diet considerations to mind (brussel sprouts, cabbage, broccoli, wheat, potatoes, and chocolate have been known to cause gas)
- Increase fiber
- Consider stool softeners if needed
- Consider anxiety levels and develop/implement strategies to help you reduce anxiety

Insomnia

- Try changing up your sleeping positions, consider left side sleeping and pillow props
- Create a soothing nighttime routine to get yourself in the mood for sleep
- If you cannot sleep, instead of tossing and turning, get up and read a bit or have a warm small snack

Round Ligament Pain

- Light core exercises or prenatal yoga
- Avoid sudden movements, stand or twist slowly
- Flex hips when you're about to laugh, sneeze, or cough
- Use a heating pad
- Talk with your doctor about pregnancy safe pain relief medication

Nosebleeds

- Pinch the soft part of your nose firmly and hold for 10-15 minutes.
- Lean forward and breathe through your mouth.
- Sit or stand up to reduce blood pressure in the veins of your nose.
- Consider an ice pack.

Rhinitis

- Elevate your head during sleep
- Use a saline spray or neti pot
- Try nasal strips for sleeping
- Talk with your doctor about pregnancy safe antihistamines

3rd trimester

Lightheadedness

- Stand slowly
- Change positions often
- Try to stay cool, don't overheat
- Eat frequent meals and snacks
- Stay hydrated
- Consider light exercise
- When feeling lightheaded, sit and bend over while breathing deeply or lay on your side to increase blood flow to your brain
- Let your doctor know so they can consider and/or rule out other conditions such as anemia

Shortness of Breath

- Move more slowly
- Stand up or sit up straight to relieve pressure and give lungs room
- Let doctor know if you feel dizzy as a result of shortness of breath or if you cannot find relief

Swollen Feet

- Elevate feet
- Soak in cool water
- Buy bigger shoes or wear open shoes if the weather is warm
- Contact your doctor if swelling becomes extreme or if it pairs with other symptoms such as high blood pressure or headaches.

Sore Gums or Loose Feeling Teeth

- Rinse with salt water
- Use a soft bristle brush
- Contact your dentist if you have extreme gum pain or any bumps

Pelvic Pain

- Avoid twisting movements
- When changing positions, try to keep hips aligned
- Move slowly
- Consider a prenatal massage, seeing a chiropractor, or physical therapist
- Use support and/or compression garments such as belly bands
- Use support pillows during sleep

Braxton Hicks

- Drink plenty of water
- Take a walk if you've been at rest
- Rest if you've been overly active
- Take a warm bath
- Try getting some sleep
- Consider a prenatal massage or chiropractic care

This is not a complete list of every symptom you may experience in pregnancy, though these are some of the more troubling ones for people to manage and also a few strange ones! Please note that while this list categorizes what trimester a symptom is most likely to occur, it can happen outside that time frame.