

# MINOR DISCOMFORTS DURING PREGNANCY



*Reigny Dae Births*

WHEN WE'RE TOGETHER, WE CAN WEATHER ANY BIRTH

## ■ LEG FATIGUE

### CAUSES:

- PRESSURE TO UTERUS ON BLOOD VESSELS
- INCREASED WEIGHT GAIN

### INTERVENTIONS:

- FREQUENT RESTS W/ LEGS ELEVATED
- ADEQUATE CALCIUM INTAKE
- WALK A MINIMUM OF 10 MIN./HOUR
- MASSAGE

## ■ INCREASED VAGINAL DISCHARGE

### CAUSES:

- INCREASED WATERY CERVICAL MUCOUS FROM CHANGING HORMONAL CHANGES
- POSSIBLE VAGINAL INFECTION

### INTERVENTIONS:

- AVOID BUBBLE BATHS, SCENTED VAGINAL WIPES AND PERFUMED CREAMS
- WEAR COTTON UNDERWEAR

## ■ ANKLE EDEMA (SWELLING)

### CAUSES:

- POOR BLOOD RETURN FROM LOWER EXTREMITIES
- PRESSURE FROM INCREASED WEIGHT OF UTERUS

### INTERVENTIONS:

- INCREASE WATER INTAKE
- ELEVATE LEGS FREQUENTLY
- ANKLE EXERCISES
- RUB ANKLES WITH PEPPERMINT OIL (MIXED

## ■ DIZZINESS

### CAUSES:

- CIRCULATION CHANGES DUE TO INCREASED BLOOD VOLUME
- INCREASED PRESSURE TO PELVIS DUE TO INCREASING WEIGHT OF UTERUS, CAUSING SLOWER BLOOD RETURN TO THE HEART

### INTERVENTIONS:

- AVOID PROLONGED LYING ON BACK FOR LONG PERIODS
- AVOID STRENUOUS ACTIVITIES

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## ■ HEARTBURN

### CAUSES:

- DECREASED GASTRIC MOTILITY
- INCREASED GASTRIC ACID PRODUCTION
- GROWING FETUS PUTTING PRESSURE ON INTERNAL ORGANS

### INTERVENTIONS:

- EAT SMALL MEALS FREQUENTLY
- AVOID SPICY, GREASY AND FATTY FOODS
- INGEST PAPAYA TABLETS, FRUIT OR JUICE AS NEEDED
- GET ADJUSTED BY CHIROPRACTOR
- DON'T DRINK WATER WITH MEAL
- TAKE DIGESTIVE ENZYMES FOR FREQUENT, INTENSE HEARTBURN

## ■ DIFFICULTY BREATHING

### CAUSES:

- PRESSURE AGAINST LUNGS AND STERNUM
- INCREASED CIRCULATION CHANGES

### INTERVENTIONS:

- ELEVATE HEAD WHILE SLEEPING
- EXERCISE
- GOOD POSTURE

## ■ MORNING SICKNESS

### CAUSES:

- VITAMIN B6 DEFICIENCY
- CHANGES IN HORMONE LEVELS
- LOW BLOOD SUGAR
- SENSITIVITY TO TASTE AND SMELL
- INITIAL MOVEMENT IN THE MORNING

### INTERVENTIONS:

- GINGER TEA, CHEWS, FRESH GINGER OR CAPSULES
- AROMATHERAPY
- ACUPRESSURE (NAUSEA RELIEF) BANDS
- EAT SMALL MEALS FREQUENTLY PACKED WITH PROTEIN AND CARBS
- CHECK PROGESTERONE LEVELS
- FIX VITAMIN DEFICIENCIES
- SNACK IN THE MIDDLE OF NIGHT (IF NECESSARY)

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