



# *Pregnancy Comfort Tips*

## Morning Sickness

- Drink plenty of fluids, preferably water.
- Eat small, frequent meals.
- Choose foods that are easy to tolerate and low in odor, such as:
  - Crackers, preferably whole grain
  - Fresh fruit
  - Cold chicken or other protein foods that appeal to you
  - A piece of whole-grain toast before getting out of bed
- Vitamin B6 may help with nausea. Talk with your health care provider about whether it is appropriate for you.
- Some women also find that papaya enzyme, peppermint oil or tea, chamomile tea, liquid chlorophyll, parsley, or raw almonds help settle their stomach. Evidence and safety information vary, especially for herbal products and supplements, so check with your health care provider before using them during pregnancy.
- Get extra rest (these [relaxation tracks](#) can really help)
- Reduce stress when possible.
- If vigorous exercise makes nausea worse, cut back temporarily.

## Headache

- Warm, relaxing bath
- Massage
- Tension-reducing exercises, such as shoulder circling
- Relaxation routines (these [relaxation tracks](#) can really help)
- Hot or cold packs on the back of the neck or shoulders
- Cold pack on the forehead

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## Heartburn

- Red Hots or Fireballs (sounds crazy, but they really can work!)
- Eat slowly.
- Eat several small meals rather than large meals.
- Avoid foods and drinks that make your symptoms worse.
- Avoid lying down right after eating.

## Constipation

- Drink plenty of fluids, preferably water.
- Eat fresh fruit, vegetables, and other high-fiber foods.
- Use a footstool while sitting on the toilet.
- Get moderate exercise, such as walking.

## Cold, Hay Fever, Runny Nose, and Cough

- Cool-mist vaporizer
- Saline nose drops
- Rest
- Plenty of liquids
- Honey and lemon

## Backaches

- Rest (these [relaxation tracks](#) can really help)
- Massage
- Hot or cold packs
- Exercises that strengthen the abdominal muscles and help reduce strain on the lower back

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## Sleeplessness (Common in Late Pregnancy)

- Take a brisk walk each day, if comfortable.
- Warm bath
- Warm milk
- Massage
- Soothing music
- A dull book, if you find yourself awake in the middle of the night
- These [relaxation tracks](#) - they can really help!

## Things to Avoid During Pregnancy

- Prescription and over-the-counter medications: Before taking any medication, vitamin, supplement, or herbal product during pregnancy, check with your health care provider or pharmacist.
- Unnecessary exposure to paint fumes, cleaning solvents, pesticides, lawn chemicals, and similar products
- Cigarette smoke, including secondhand smoke
- Cat litter, if possible. If you must handle it, wear gloves and wash your hands thoroughly afterward.
- Unnecessary exposure to X-rays. If an X-ray is medically necessary, do not skip it simply because you are pregnant. Tell your health care provider and the imaging staff that you are pregnant or might be pregnant.
- Caffeine in excess of 200 mg per day
- Extra vitamin E unless recommended by your health care provider

If you are concerned about a symptom or are unsure whether something is safe during pregnancy, check with your health care provider.