

# Handout: Common Discomfort Remedies

## Remedies for the Common discomforts of Pregnancy

There are so many changes a woman's body will go through during pregnancy. Listed below are some remedies that may help make pregnancy more comfortable and help maintain a healthy pregnancy.

### **Back Pain** - starts around 20 weeks and lasts until to term

- pelvic rocking exercise
- yoga, walking, swimming
- maintain good posture while standing, walking and sitting
- avoid standing for long periods of time
- avoid slouching - can cause the baby to get into a malposition
- elevate one foot while standing
- wear comfortable, well supported shoes
- roll onto your side before getting up from a lying down position
- use a pillow between your knees and thighs
- when sleeping
- careful weight gain
- try warm bath or heating pad on low or medium setting
- use of belly band or support belt to support the abdominal muscles
- massage therapy
- \* always inform your care provider of any previous back injuries you may have suffered prior to the pregnancy

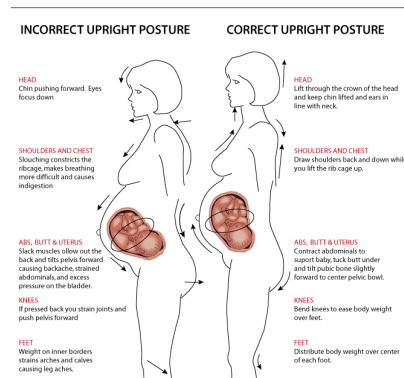


image retrieved from  
<http://www.edgewaterchiropractic.com/the-coastal-chiropractor/if-pregnancy-were-a-book>



### **Constipation** - can occur at any time throughout the pregnancy

- increase fluids - lots of water, about a gallon and a half a day
- avoid dairy intake
- increase fiber foods
- exercise such as yoga, stretching, walking
- de-stress/meditate

### **Edema/Swelling** - typically seen around 28 weeks

- elevate feet
- drink plenty of water
- lay on left side when resting or sleeping
- change your position frequently
- \* symptoms such as headaches, blurry vision, upper right abdominal pain or rapid swelling should be reported to your midwife

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**Fatigue** - occurs throughout pregnancy, most common in 1st & 3rd trimesters

- avoid caffeine and stimulants
- get regular rest and exercise
- eat small frequent, healthy meals throughout the day
- reduce toxin exposure
- relax/de-stress daily
- use essential oils, herbs, warm bath
- ensure comfortable sleeping area

**Fever, Cold, Flu** - Can occur any time throughout pregnancy

- stay well hydrated
- eat as often as possible, healthy beneficial foods
- rest as often as possible
- ask midwife about homeopathics, teas, tinctures, etc... that are safe to use during pregnancy for symptoms



## **Headaches**

- plenty of rest
- eat regularly
- stay hydrated
- decrease stress and practice relaxation techniques

**Heart Burn** - can begin around 20 weeks and last until term

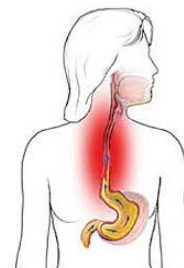
- avoid irritating foods
- eat small, frequent meals
- chew slowly and thoroughly
- sleep propped up
- try 1 tsp of apple cider vinegar or lemon juice in warm water
- Aloe vera juice and papaya enzymes are also very helpful before or after the onset of heartburn

\* consult your midwife prior to taking antacids

\*

**Hemorrhoids** - can occur around 24 weeks until term

- kegel exercises
- ACV and aloe vera
- witch hazel
- rest frequently - with feet propped
- avoid constipating and salty foods
- drink plenty of water



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**Insomnia** - can occur any time in pregnancy, more common in third trimester

- exercise everyday
- fresh air
- avoid stimulants
- warm bath/shower
- relax/meditate
- create a comfortable sleep environment
- regular, small, frequent meals

**Itchy Skin** - occurs most often in 2nd and 3rd trimester

- oil, lotion or moisturize skin
- avoid tight or irritating clothing
- avoid friction
- drink plenty of water

**Leg Cramps** - can happen any time during pregnancy

- avoid soda and caffeine
- limit processed foods
- light exercise daily
- drink plenty of water
- use a heating pad
- stretch toes to your nose!

**Nausea and Vomiting** - typically occurs between 4 to 16 weeks, however, can last longer or be nonexistent.

- take a folic acid supplement during the first 12 weeks
- eat frequently, especially crackers, dry toast, proteins
- avoid greasy and/or spicy foods
- take B6
- snack before bed
- get plenty of rest
- eat 6 small meals rather than 3 large meals
- ginger tea, peppermint tea, raspberry leaf tea are all safe and can be helpful to calm the stomach
- homeopathic remedies or acupuncture may be helpful
- if vomiting persists, or other symptoms arise, consult your midwife immediately

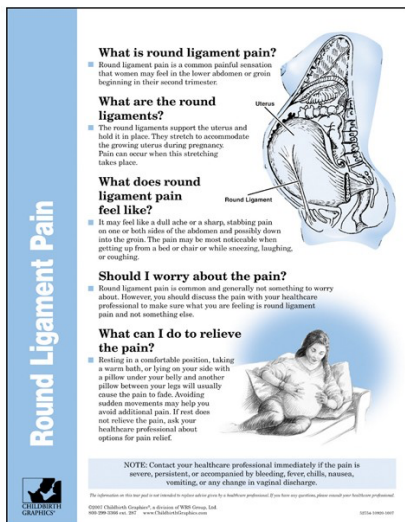


image retrieved from <http://www.sodahead.com/living/what-is-a-good-home-remedy-for-nausea/question-372185/>

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**Nosebleeds** - swollen membranes from increased blood volume may make nasal passages feel dry or irritated. Frequently blowing the nose can cause a nosebleed

- drink more fluids
  - avoid allergens
  - avoid smoking/smoke-filled rooms
  - breathe steam in
  - use warm moist towel
- \*If bleeding persists or worsens, consult your midwife



**Pica** - can occur any time during pregnancy

- avoid eating non food items
- eat nutritious, small, frequent meals throughout the day
- report any unusual symptoms and problems

**Round Ligament Pain** - most often felt in 2nd and 3rd trimesters

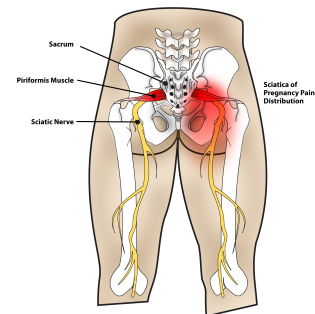
- avoid rapid or sudden movements
- exercise regularly
- eat small frequent meals
- stay hydrated
- flex the hips
- use heat pad or warm water for relief

**Ptyalism (salivation)** - can occur at any time during pregnancy, increased likelihood with nausea/morning sickness/hyperemesis

- eat frequent, small meals
- increase protein
- drink lots of fluids
- chew cinnamon gum
- suck on hard candy

**Sciatica** - occurs most often in 3rd trimester

- calcium/magnesium increase
- yoga, stretching, rebozo exercises
- belly binding
- physical therapy
- supportive shoes
- heat/wet heat



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**Shortness of Breath** - can occur any time, most common in 2nd and 3rd trimesters

- move slowly
- prop up at night for sleeping
- avoid sleeping on the back, try side-lying positions and pillows for comfort
- practice breathing deep



**Stretch Marks** - Occur most often in the 3rd trimester, but can appear in the 2nd trimester

- totally normal - enjoy!!
- decorate with henna art
- vitamin E, coconut oil, Shea Butter
- lavender and chamomile for itching/discomfort

**Vaginal Discharge** - occurs throughout pregnancy, may increase when approaching birth

- avoid tampons, douche or treatments for infection unless a diagnose of infection is made
- use panty liners
- notify your midwife of any odors, odd colors or changes

**Vaginal Infection** - can occur at any time during pregnancy

- most often easily treatable, once diagnosed by your midwife
- follow remedy instructions form your midwife, report any changes

**Varicosities** - Most common near the end of the 2nd and throughout the 3rd trimester

- exercise regularly
- avoid tight clothing
- wear support hose
- avoid sitting or standing for long periods of time
- rest with legs/feet supported and elevated

**Vision Changes** - can occur at any time

- stay hydrated
- rest well
- eat healthy foods
- exercise daily
- report unusual findings to your midwife

