

## Common Symptoms During Pregnancy

### Morning Sickness

Most women feel nauseated during pregnancy, usually during the first trimester. Symptoms usually start to improve around 11-13 weeks and most symptoms resolve by 16 weeks. Rather than getting hungry in between large meals, it is important to eat several small meals/snacks of bland food throughout the day. Ginger supplements, Vitamin B-6, and acupressure bands (Seaband) have been shown to improve morning sickness. If these interventions are ineffective or you are vomiting everyday, your doctor may prescribe Zofran (ondansetron).

### Feeling Tired

Fatigue during pregnancy is very common. Try to avoid napping for more than one hour during the day, as this may disrupt normal sleep patterns. 30-45 minutes of cardiovascular exercise may be beneficial. If you are taking progesterone supplementation (prescribed by your doctor), only take it at night as the medication causes drowsiness.

### Leg Swelling/Varicose Veins

If swelling develops much more in one leg versus the other, you should contact your doctor. Generalized swelling of hands/feet is relatively common. Avoiding salt/sodium rich foods and drinking more water should help. Elevate your feet above your heart when you are resting. For some, support or compression stockings/hosiery may be necessary. Notify your doctor if swelling develops suddenly and you also have changes to your vision, headaches, or severe upper abdominal pain.

### Back Pain

As pregnancy hormones loosen the ligaments of your joints and your body adjusts to the growth of pregnancy, you may experience back pain. You can improve these symptoms by stretching and doing back or core body exercises. Additionally, massage, heating pads, chiropractic care, and maternity belts are safe during pregnancy.

### Leg Cramps

Leg cramps may worsen during the third trimester. Taking magnesium gluconate 500mg tablets twice daily or before bedtime may help. You should also increase water intake and foods rich in potassium and calcium like bananas and certain dairy products. Try to avoid high-heels.