

## Some 2<sup>nd</sup> Trimester Discomforts and Tips

| Discomfort   | Cause   | How to help yourself  |
|--|---|---|
| Continuing Nausea and Vomiting   | Hormone changes   | Eat small, frequent meals. Dry toast or crackers if stomach upset. Keep fluids up and avoid strong-smelling, spicy and greasy foods. Know s/s dehydration (call or be seen): dry mouth, dizziness, fast heart beat, concentrated urine. |
| Heartburn  | Slowed digestion. Hormones slow digestion and relax the valve between the stomach and esophagus.                          | Avoid fried/spicy foods. Avoid drinking large amounts of fluids with meals. Sometimes drinking milk or eating ice cream can help. If real problem - provider can offer meds.  |
| Excess gas   | Slowed digestion due to changes in hormones   | Avoid fatty foods. Chew your food thoroughly.   |
| Constipation   | Slowed digestion due to changes in hormones. Sometimes a side effect of Iron.   | Drink more fluids especially water, eat more fruit and roughage. Get regular exercise. Try to establish regular bowel movements. No laxatives or enemas unless approved by provider.  |
| Round Ligament Pain (sharp pains along sides of abdomen down into groin) | Stretching and pressure from uterus on round ligaments.   | Support abdomen with pillows when lying down. When getting up from a lying position roll onto your side and push to a sitting position to decrease strain.  |
| Low Back pain  | Enlarging uterus changes your center of gravity so you tend to tilt your pelvis forward, straining your back muscles.     | Maintain good posture, keep your abdomen pulled in and your buttocks tight, avoid straining from bending over, always lift with your legs rather than bending to lift, wear low heel shoes.   |
| Leg Cramps   | Increase pressure of the uterus on the nerves and veins that go to the legs.  | Pull up your toes with your hands or push your heel against the floor or wall.  |
| Hemorrhoids  | Enlarging uterus presses on veins, slows blood flow and causes veins to enlarge. Constipation may make this problem worse | Eat more fruits and vegetables, whole grains and bran cereals. Drink more water. Soak in a warm bath. Witch hazel reduces swelling. Exercise as approved by provider. Avoid standing for long periods. Kegal exercises.                 |

**\* Note:** If at any time these discomforts worsen in light of self interventions please do not hesitate to contact your clinic or after hours emergent care.