

# 1 - Complaints during pregnancy

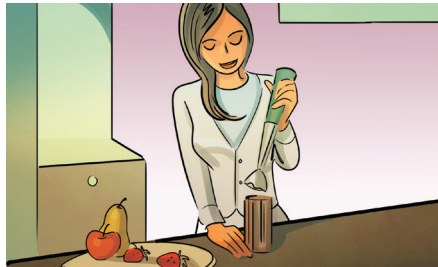
In this page we will describe some of the more common problems that can arise during pregnancy and offer advice on how to minimise them.

## If you have nausea or vomiting

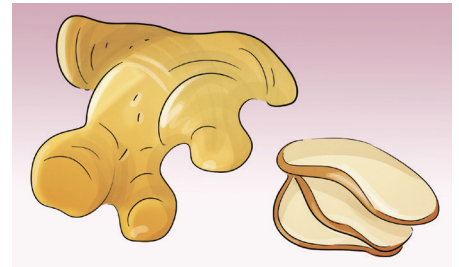


Eat small, frequent meals throughout the day. Dry food tends to be better. It may be useful to:

- eat some toast or crackers before you get up;
- \* See note.



Eat more vitamin-rich foods (if prescribed by a doctor) on a full stomach. Always chew your food properly, and preferably eat smaller-sized pasta shapes and chopped foods because they are easier to digest.



It is better to eat simple foods with no added fat (because this will slow down your digestion). Ginger is an effective non-pharmacological treatment for reducing nausea and vomiting.

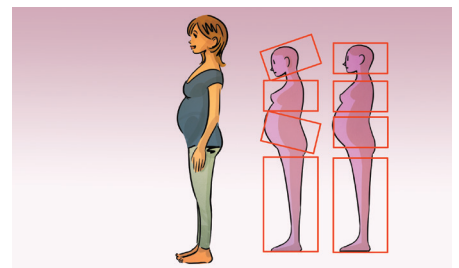
## If you have heartburn



Do not eat very fatty foods or those which irritate the stomach wall, such as coffee.



Eat frequent, small meals. Stop eating spicy foods.  
\* See note.



Always sit up straight, especially after meals and when digesting.

*For the drugs you need to take, see your doctor.*

## If you are constipated



This is a very common problem during pregnancy, due to hormonal changes which block your intestines.



To relieve this problem, you should drink more water (at least 1.5-2 litres a day).



Eat more fruit and vegetables, legumes, and whole cereals.  
\* See note.

*\* If you have diabetes, you should discuss the need for snacks or special meals with your diabetes specialist, who will advise you according to your blood glucose pattern.*