

## **Common Complaints**

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By VCWH

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#### NAUSEA

The causes of morning sickness are not fully understood, although they are believed to be related to altered hormone levels. Increased levels in human chorionic gonadotropin (HCG), a hormone associated with pregnancy, may be the cause.

The best way of controlling morning sickness is through moderate changes in the diet.

- A. Keep crackers at the bedside and have one or two before rising in the morning.
- B. Eat frequent, light meals rather than widely spaced, hearty ones. Carbohydrates help with nausea.
- C. Avoid spicy foods.
- D. Try not to mix solids and liquids at the same sitting.
- E. Avoid getting too full or too hungry.
- F. Eat a high protein snack before going to bed.

#### SWELLING

In the last trimester of your pregnancy, you may experience some swelling in your hands and feet, especially in hot weather. Grapefruits and asparagus are natural diuretics and may help decrease the swelling. Call for pain in the legs, swelling that is significantly greater on one side, severe headache after 20 weeks, or abdominal pain.

#### INDIGESTION

If indigestion becomes a problem, we suggest Tums, Roloids, Mylanta or any low sodium antacid. Avoid lying down after eating.

#### MUSCLE CRAMPS

Some people experience leg cramps which may cause you to awaken from sleep. If cramps do occur, slowly flex your toes upward.

#### CONSTIPATION/HEMORRHOIDS

A diet high in fiber, plenty of liquids and daily exercise will help with constipation. If you are still experiencing constipation after changing your diet, you may try Senokot. This may be purchased without a prescription. Hemorrhoids are enlarged varicose veins of the rectum that are often painful and itchy. Tucks pads will help with the discomfort.