

## **JONES CENTER FOR WOMEN'S HEALTH**

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## **MIND, BODY, SPIRIT WOMEN'S HEALTH**

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## **HOW TO HANDLE COMMON PREGNANCY SYMPTOMS**

### **Nausea & Vomiting**

- ✓ *Eat crackers or dry toast before you get out of bed*
- ✓ *Eat smaller, more frequent meals*
- ✓ *Avoid spicy and greasy foods*
- ✓ *Avoid laying down immediately after eating*
- ✓ *Drink fluids between meals instead of with meals*

### **Heartburn**

- ✓ *Eat smaller, more frequent meals*
- ✓ *Avoid spicy and greasy foods*
- ✓ *Eat slowly and chew your food well*
- ✓ *Try Mylanta or Maalox*
- ✓ *Do not lie down right after eating*

### **Constipation**

- ✓ *Always drink at least six 8 ounce glasses of water every day*
- ✓ *Eat high fiber foods, including whole grain breads, bran cereal, raw fruits and vegetables*
- ✓ *Get plenty of exercise*
- ✓ *You may use a stool softener but if the problem persists, please inform your doctor*