

Suggested Solutions to Pregnancy Conditions (page 10):

Suggested Solutions to Nausea and Vomiting:

- ❖ Get out of bed slowly and avoid sudden changes in position during the day.
- ❖ Eat a small slice of bread, salty crackers, or roasted chickpeas before getting out of bed in the morning.
- ❖ Avoid unpleasant odours and food smells.
- ❖ Eat small meals frequently, and drink beverages between meals, not with meals.
- ❖ Avoid fried foods, fatty foods, and excessively spicy foods.
- ❖ Avoid fizzy drinks.
- ❖ Reduce tea and coffee consumption.
- ❖ Take walks in the fresh air.
- ❖ Ventilate the environment/rooms frequently.
- ❖ If necessary, use anti-nausea medication under medical supervision.

Suggestions for Constipation and Gas Problems:

- ❖ Drink 8-10 glasses of fluids a day
- ❖ Choose foods high in fibre such as vegetables, fruits, whole grains, and legumes
- ❖ Eat small amounts frequently and chew food thoroughly
- ❖ Drink warm water on an empty stomach in the morning
- ❖ Eat dried plums, dried figs, and dried apricots
- ❖ Walk and exercise
- ❖ Use medication under medical supervision if necessary

Suggested Solutions for Gum Problems:

- ❖ Brush your teeth twice a day for two minutes each time with a soft toothbrush.
- ❖ Use dental floss.
- ❖ Rinse your mouth with water after eating and drinking.
- ❖ Prioritize a diet rich in fruits and vegetables with Vitamin C (green leafy vegetables, citrus fruits, etc.).
- ❖ Avoid hard foods that can cause gum bleeding.
- ❖ If necessary, use a mouthwash to increase oral acidity as directed by your dentist.

Suggested Solutions for Increased Vaginal Discharge:

- ❖ Use cotton underwear and change it frequently.
- ❖ Be careful to cleanse from front to back.
- ❖ Always dry yourself with toilet paper after cleansing.
- ❖ Avoid vaginal wash and tampon use.

Suggestions for Frequent Urination and Urinary Incontinence:

- ❖ Do not restrict fluid intake.
- ❖ Reduce tea and coffee consumption.
- ❖ Reduce fluid intake before bedtime.
- ❖ Practice pelvic floor (Kegel) exercises.
- ❖ Pay attention to genital (perineal) hygiene.

Suggestions for Fainting Feeling:

- ❖ Rest on your left side.
- ❖ Avoid standing for long periods.
- ❖ Avoid getting out of bed suddenly.
- ❖ Avoid bathing with hot water.
- ❖ Do not skip meals; eat small meals at frequent intervals.
- ❖ Avoid strenuous activities.

Suggestions for Varicose Veins and Haemorrhoids:

- ❖ Avoid excessive weight gain
- ❖ Avoid standing or sitting for long periods
- ❖ Rest with your legs straight or elevated 15-30 centimetres whenever possible
- ❖ Avoid sitting with your legs crossed
- ❖ Avoid wearing tight socks and high heels
- ❖ Walk and exercise
- ❖ Perform pelvic floor (Kegel) exercises
- ❖ Pay attention to preventive measures against constipation
- ❖ If you have haemorrhoids, rest on your side for 10-15 minutes a day

Suggestions for Skin Problems:

- ❖ Use moisturizing products to prevent stretch marks
- ❖ Avoid rapid weight gain
- ❖ Use sunscreen and a hat to prevent facial blemishes

Suggestions for Fatigue:

- ❖ Ensure you get at least 8 hours of sleep a day
- ❖ Avoid heavy and tiring activities
- ❖ Rest frequently by sitting down and straightening your legs while doing daily tasks
- ❖ Take short naps during the day if possible
- ❖ Do light exercises such as walking outdoors
- ❖ Stay away from crowded and excessively hot environments
- ❖ Pay attention to adequate and balanced nutrition

Suggestions for Heartburn and Reflux:

- ❖ Eat small amounts at frequent intervals
- ❖ Avoid fatty foods, fried foods, and fizzy drinks
- ❖ Reduce tea and coffee consumption
- ❖ Avoid foods and drinks that cause gas and increase acidity
- ❖ Rest briefly in a semi-sitting position after meals
- ❖ Do not eat before going to sleep
- ❖ Keep your head elevated while sleeping
- ❖ Use medication under medical supervision if necessary

Recommended Solutions for Muscle Cramps:

- ❖ Massage the affected area
- ❖ Increase calcium (from milk, yogurt, cheese, etc.) and magnesium intake in the diet
- ❖ Wear wide-heeled shoes that are not too high
- ❖ Rest with your legs straight or elevated by 30 centimetres

- ❖ If necessary, use phosphorus-free calcium or magnesium supplements under medical supervision

Suggestions for Oedema (Swelling):

- ❖ Avoid standing for long periods
- ❖ If sitting for extended periods, rest with your legs straight
- ❖ Avoid wearing tight socks and clothing
- ❖ Do leg exercises
- ❖ Reduce salt intake in your diet

Suggestions for Respiratory Distress and Nasal Congestion:

- ❖ Practice breathing and relaxation exercises
- ❖ Sleep on your side
- ❖ Use a pillow to elevate your head while sleeping
- ❖ Ensure the room is well-humidified and ventilated
- ❖ Use saline drops to relieve nasal congestion

Suggestions for Back and Waist Pain:

- ❖ Try to keep your back and waist straight
- ❖ Bend your knees when lifting something from the ground
- ❖ Do exercises that strengthen muscles, such as swimming and walking
- ❖ Do pelvic floor (Kegel) exercises
- ❖ Support your back and waist with a small pillow while sitting
- ❖ Avoid fatigue
- ❖ Avoid wearing high heels
- ❖ Gently massage your back and waist

Suggested Solutions for Insomnia:

- ❖ Take a warm shower before bed
- ❖ Ensure a quiet and dimly lit environment
- ❖ Support your legs and (if necessary) other body curves with pillows while lying down
- ❖ Engage in an activity you enjoy before bedtime (such as listening to relaxing music, reading a book, or doing relaxation exercises)
- ❖ Avoid eating and reduce fluid intake before bedtime