

Discomforts during Pregnancy



Oh, the joys of pregnancy. From your growing waistline to the aches and pains you feel, you might be asking, “What is going on with my body?” We have listed common discomforts and body changes and what you can do to feel better!

Body Aches: Many women feel pain in their back, tummy, groin area, and thighs. The best way to deal with body aches is to rest, lie down, and apply heat to the area with a hot water bag.

Breast Changes: When you are pregnant your breasts will get larger, feel full, heavy, and tender, and leak yellow milk. You should wear a bra with good support and put pads in your bra to soak up any leakage.

Constipation: You should drink 8-10 glasses of water a day, avoid caffeine, and eat foods that have lots of fiber like fruit, veggies, and whole grain breads, and get active!

Feeling Dizzy: You should stand up slowly and avoid standing too long. Do not skip meals. It may help to wear loose clothing.

Feeling Tired & Problems Sleeping: When you are pregnant, you might feel tired even after you’ve had a lot of sleep. This is your body’s way of telling you to get more rest! It is helpful to have a good sleep routine. Try to go to bed and wake up at the same time everyday. Also, try not to drink fluids right before bed to avoid waking up at night to go to the bathroom. Use pillows for support behind your back, between your knees, or under your stomach to help you feel more comfy and get a better sleep. And if you feel tired during the day, take a nap!

Heartburn & Indigestion: When you are pregnant, hormones in your body can make food move through your system slower. This can make you feel bloated. Hormones can also cause food and acid to come back up from the stomach, which causes heartburn. You should try to eat smaller meals more often. Eat slowly and drink fluids between meals, not during. Avoid foods that are greasy, spicy, or contain citrus, like orange juice. Don’t lie down right after meals, and try not to drink or eat before bed.

Haemorrhoids: These are swollen veins in the rectum that can cause itching, pain, and bleeding. You should drink lots of fluids and eat foods that have a lot of fiber. You can also use witch hazel to soothe them.



Itching: You should use gentle soaps and creams. Avoid taking hot showers and baths and avoid wearing itchy clothes.



Leg Cramps: These often occur at night, and can disturb your sleep. You should be active and do gentle stretches during the day. Get lots of calcium from things like milk, yogurt, or cheese.

Morning sickness: Feeling nauseous is common during the first three months of being pregnant. You should try to eat smaller meals more often. Try not to lie down after eating. Before you get out of bed in the morning, eat some dry toast or cereal. Eat bland foods that are low in fat and easy to digest, like rice or bananas. Sip on water, weak tea, or eat ice chips.

Nasal problems: It is common to have nosebleeds and feel stuffy. If you get a nosebleed, stop it by squeezing your nose for a few minutes. To avoid feeling stuffy, drink lots of fluids.

Stretch Marks & Skin Changes: You may notice streaks on your skin, darker nipples, a dark line from the belly button to the pubic hairline, and patches of darker skin on your face. These marks and changes in your skin will fade, just be patient!

Swelling: Many women get swelling in the face, hands, and ankles. You should drink lots of fluids, avoid caffeine and salty foods, and put your feet up when you sit down.

Urinary frequency & Leaking: When you are pregnant, it is common to need to go pee more often. You might also leak a little bit of urine when you sneeze, cough, or laugh. Try to drink lots of fluids to prevent dehydration. You can also try “kegel” exercises, which strengthen the muscles you use to hold your pee.

Varicose Veins: These are swollen, dark purple veins, usually on the backs of your calves or on the inside of the leg. Avoid wearing tight knee-high socks and try to sit with your legs and feet up.



All of these weird things that happen to your body when you are pregnant are totally normal. So don't worry! Just keep these tips in mind and focus on staying happy and healthy for you and your baby!