

Morning sickness and other pregnancy issues



Growing Strong Feeding you and your baby

Great state. Great opportunity.

Morning sickness

Morning sickness can happen at any time of the day. It may last a few weeks or continue for a lot longer.

Smoking can make morning sickness worse. When you are pregnant, it's a good time to quit. Avoid alcohol as well.

How to deal with morning sickness

- Eat small meals and healthy snacks.
- Try to eat foods like dry crackers, toast and spreads, cheese and crackers or fruit.

If you can't keep any food or drinks down, talk to your health worker or doctor.



- Fatty foods and spicy foods will make you feel worse.
- Drink water – other drinks can make you feel worse.
- Have drinks at different times to food.



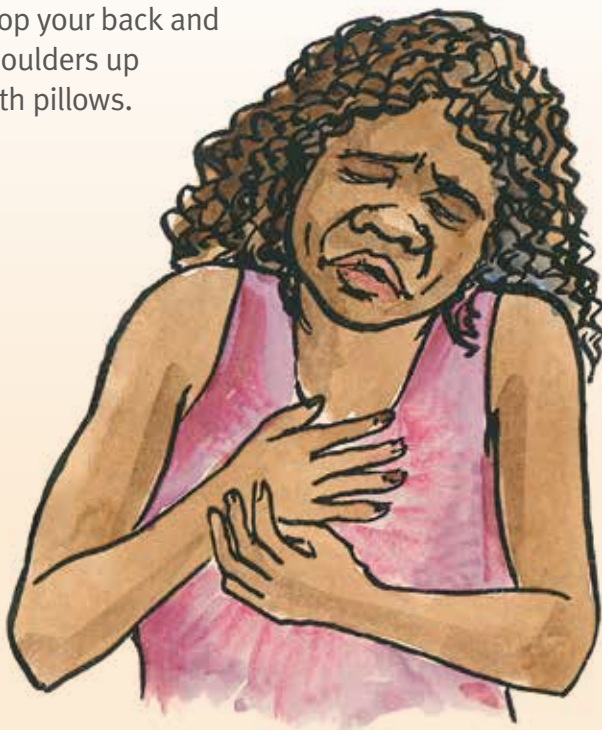
How to deal with vomiting

- If you vomit, rinse your mouth out with water or milk. Don't brush your teeth until later.
- Drink plenty of water.



How to deal with heartburn

- Avoid big meals, fatty and spicy food, tea, coffee and cola drinks.
- Don't drink alcohol – it can make heartburn worse and hurt baby too.
- Try to eat small meals and healthy snacks.
- Don't lie down straight after you have eaten. Prop your back and shoulders up with pillows.



If you have heartburn plus headaches, spots before your eyes or swollen feet, talk to your doctor or health worker right away – you may need to go to the hospital.

How to avoid constipation

Eat good foods that are high in fibre like:

- Grain breads
- High fibre white breads
- Whole grain breakfast cereals



- Baked beans, kidney beans, lentils
- Vegetables, fruit, nuts and dried fruit.

Also try and drink lots of water and be more active.



Iron tablets

- If you are low in iron, your doctor may prescribe iron tablets.

Iron tablets can make you constipated. Ask your health worker if you can cut down how often you take them.

- Keep iron tablets out of reach and away from children. Iron tablets can make children very sick.

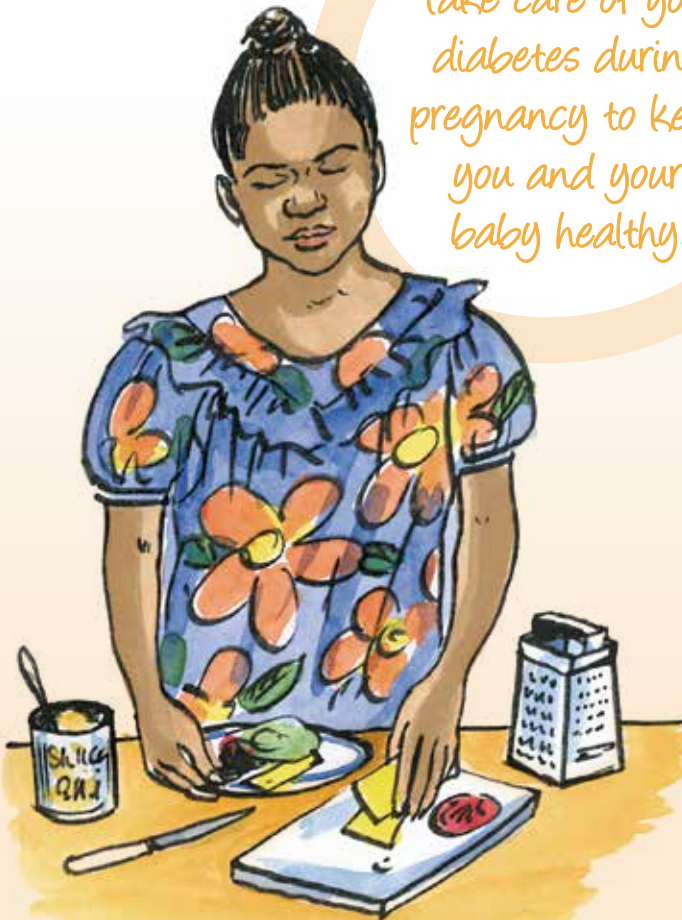
Diabetes in pregnancy

- Eat healthy and be active.

Have regular checkups

- Your health worker or doctor will tell you if you need to take any medication.

Take care of your diabetes during pregnancy to keep you and your baby healthy.



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**For more information contact your local health worker
or call 13 HEALTH (13 43 25 84).**



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