

## Changes you may feel

## Tips to help

Some women have heartburn. This is a burning feeling in your chest. It is caused by pregnancy hormones and your baby pressing on your stomach.



- Avoid the foods that cause your heartburn. Spicy and/or fried foods often cause heartburn.
- Drink fluids between meals, not during meals.
- Eat smaller amounts of foods, more often.
- Lying down after eating can bring on heartburn.
- Rest or sleep with pillows under your head so that your head is higher than your chest.
- If the heartburn becomes painful and does not go away, call your health care provider.
- Talk to your health care provider or pharmacist before taking any medication.

Constipation (difficulty having a poo) can be common in pregnancy. Straining to have a poo (bowel movement) can cause hemorrhoids (painful area around your anus). These can be very tender and even painful.



- Talk to your health care provider.
- **Drink plenty of water.**
- Do not sit or stand for long periods of time.
- **Eat plenty of high fibre foods like whole grains, vegetables, and fruits.**
- Activities like walking and swimming help.

Women often say they are short of breath. This can be caused by the size and position of their baby. When their baby moves lower, breathing is often easier.

- Talk to your health care provider.
- Wear loose clothing.
- Stand up straight.

