

Morning sickness and other pregnancy issues



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.

How to deal with morning sickness

- Eat small meals and healthy snacks.



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. Try to eat foods like dry crackers, toast and spreads, cheese and crackers or fruit.



- Drink water – other drinks can make you feel worse.
- Have drinks at different times to food.

How to deal with vomiting

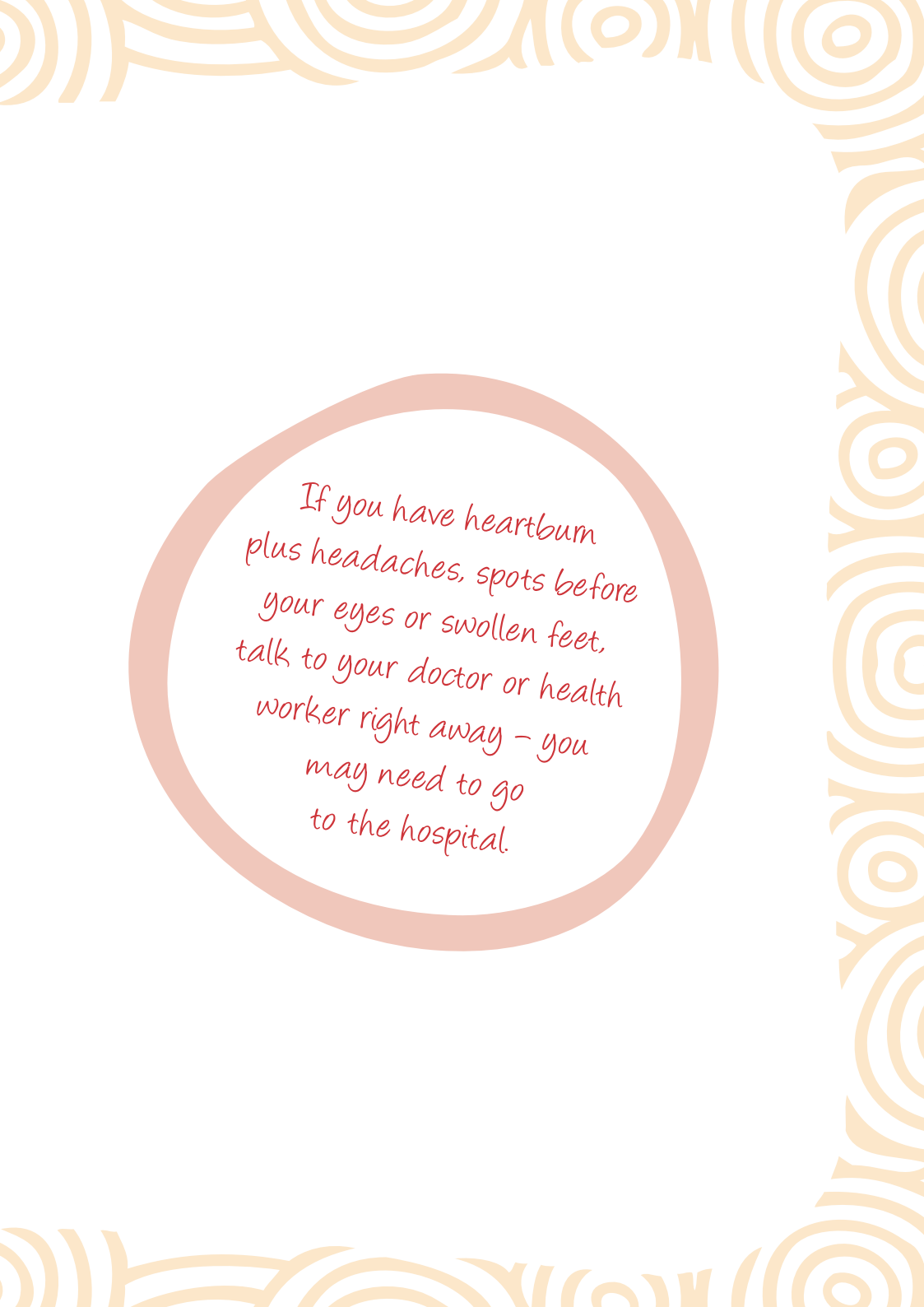
- If you vomit, rinse your mouth out with water or milk. Don't brush your teeth until later.
- Drink plenty of water.



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.*

Taking iron tablets

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

*Iron tablets may
make you constipated.
Talk to your doctor
or health worker if
you get problems like
constipation.*

- 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.
- 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.

Have regular check ups.



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For more information contact your local health worker.