

Common Pregnancy Discomforts (that may occur at any time throughout your pregnancy)

Leg cramps

Try calf stretches before bed. Increase your intake of calcium or potassium. If the leg pain won't go away, it could be a circulation problem. Consult with your doctor if leg cramps persist.

Morning sickness

Many women have nausea during the first trimester of pregnancy. Eating smaller meals more often is one strategy that can reduce the feeling of morning sickness. Eat crackers or other bland food, but make sure to continue eating. An empty stomach can increase the feeling of nausea. Ginger or peppermint teas can help; sea sickness bands work well too. A vitamin B supplement can also offer relief from nausea.

Nosebleeds

These are due to an increase in blood volume, which can also lead to congestion. Use humidifiers to help control congestion and nosebleeds, along with saline nose drops or spray.

Swollen ankles

Avoid standing for long periods. Keep feet elevated and drink plenty of water. An increase in salty foods can also lead to swelling.

Round ligament pain

Round ligament pain is associated with the uterus ligaments stretching as your baby grows. If the pain is not associated with any other symptoms try soaking in warm bath, Tylenol as directed, change positions slowly, brace lower abdomen or try maternity sling.

Back pain

Back pain can be normal as long as no other symptoms are occurring. Try Tylenol as directed, soaking in warm bath, wearing appropriate shoes or sleeping with support. You can use a heating pad on your back for 20 minutes every three to four hours. Consult with your doctor if back pain persist or you have any additional symptoms.