



NAUSEA

Nausea or vomiting is also known as “morning sickness.” It usually occurs during the early stages of pregnancy and ends by the third month. If you have nausea, try the following:

- Get plenty of fresh air.
 - When you cook, open windows or use the exhaust fan to get rid of odors.
- Eat small meals every 2 or 3 hours, at least 5 to 6 meals a day. Never go for long periods without food.
- Eat lightly seasoned foods. Avoid foods cooked with pepper, chili, and garlic.
- Drink fluids (including soups and milk) only in between meals. Wait at least 1 hour before or after eating.
- Avoid greasy and fried foods.
- Before getting out of bed in the morning, eat a few crackers. Put crackers within reach of your bed the night before.
- Get up slowly in the morning. Avoid sudden movements.

Sources:

- The National Women’s Health Information Center
- California Department of Health Services

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.

CONSTIPATION

Certain changes that take place in your body during pregnancy may make you constipated. Little exercise or not enough fiber and liquids in your diet may also cause this problem. If you are constipated, try the following:

- Eat at least half of all grains as whole grains, such as oatmeal, whole wheat bread, or brown rice.
- Eat at least 3 servings of vegetables every day. Mix more vegetables into your soup and meat dishes.
- Eat at least 2 servings of fruits every day.
- Experiment with legume. You can add beans to your soup, salad, rice or even substitute your meat dish.
- Drink plenty of water.
- Exercise regularly.

HEARTBURN

Heartburn is sometimes a problem during the last couple of months of pregnancy. As your baby grows, there is increased pressure on your stomach. If you have heartburn, try the following:

- Eat small meals every 2 or 3 hours, at least 5 to 6 meals a day.
- Stand or sit up straight after you eat.
- Being physically active may help heartburn go away.
- Wear loose-fitting, comfortable clothing. Avoid tight waistbands.
- Reduce stress.
- Limit food that is high in fat and sugar, such as fried foods, cakes or ice cream.
- Avoid spicy foods.
- Avoid coffee, sodas, tea, or milk tea.
- Avoid cigarettes, alcohol, or drugs.

Over-the-counter drugs may be harmful to your baby. NEVER take medication before talking to your doctor.



作嘔

噁心或嘔吐亦稱「早晨病症」。這些症狀通常在於懷孕初期發生，並通常在三個月內消失。如您有噁心或嘔吐，可試做以下幾點：

- 呼吸新鮮的空氣。
 - 烹飪時把窗門打開或用抽氣機排除氣味。
- 每隔二至三個小時吃一些簡餐，每天至少吃五至六餐。
- 少用調味料烹調食物。避免胡椒， 辣椒和大蒜。
- 只在每餐之間、飯前或飯後一小時才可以喝流質食品，包括湯和牛奶。
- 避免吃油膩和油炸的食物。
- 早上起來前，吃數塊餅乾。臨睡前把餅乾放在靠近床邊。
- 早上慢慢地起來，避免過於急速的動作。

資料來源：

- The National Women's Health Information Center
- California Department of Health Services

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.

便秘

懷孕期間身體的改變會引致便秘。少運動、或沒有攝取足夠的纖維及水份會引起同樣的問題。如您有便秘的煩惱，可試做以下幾點：

- 每天吃的穀類中應該有一半是來自於全穀類。例如燕麥片、全麥麵包、或糙米。
- 每天至少吃三份蔬菜。在您的湯和肉類菜式中加入更多的蔬菜。
- 每天至少吃兩份水果。
- 嘗試增加豆類食品。您可以在湯、沙律和飯中加入豆類，甚至可以用豆類代替肉類食物。
- 喝足夠的水份。
- 經常運動。

胃灼熱

有時在懷孕的最後幾個月，可能會出現胃灼熱的情況，因為胎兒的成長會增加腹部的壓力。如您有胃灼熱的問題，可試做以下幾點：

- 每隔二到三個小時吃一些簡餐，每天至少吃五至六餐。
- 進食後，您可以站著或坐直。
- 保持運動活躍可能有幫助您減輕胃灼熱。
- 穿寬鬆，舒適的衣服。不要收緊腰帶。
- 減少壓力。
- 減少進食高脂肪和高糖份的食物，例如油炸食物、蛋糕、或雪糕。
- 避免進食辛辣的食物。
- 避免咖啡、汽水、茶、或奶茶。
- 遠離香煙、酒精、或毒品。

非處方的藥物可能會危害您的胎兒。未經醫生允許，切勿服用任何藥物。