

Common Pregnancy Discomforts

Staying Healthy While You
Are Pregnant

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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Discomfort	Cause	What You Can Do
BACKACHE	Extra weight, pressure on your back from the baby	<ul style="list-style-type: none"> • Stand and sit up straight. • Avoid twisting movements. • Ask someone to help you lift heavy objects. • Get a prenatal back massage. • Sleep on a firm mattress. • Do lower-back exercises. • Ask your health care provider for a referral to a back-pain specialist if the pain is severe.
TENDER, SENSITIVE OR LEAKING BREASTS	Hormone changes, enlarging milk glands	<ul style="list-style-type: none"> • Wear a bra that provides good support. • Use breast pads to absorb fluid. • Avoid soap on the nipples and areolas.
HEARTBURN (A FEELING OF BURNING IN YOUR CHEST)	Hormone changes affect muscles involved with digesting food	<ul style="list-style-type: none"> • Eat small, low-fat meals and snacks. • Eat slowly. • Drink fluids mainly between meals, not with meals. • Avoid spicy foods and acidic fruits and juices. • Wait 1 to 2 hours after eating or drinking before lying down. • Wear loose-fitting clothing. • Ask your health care provider if you can take an antacid.
URINE LEAKAGE	Pressure on your bladder	<ul style="list-style-type: none"> • Wear sanitary pads or panty liner. • Ask your provider about exercises you can do to strengthen your bladder muscles.
TIREDFNESS	Your body uses a lot of energy to support your baby's growth.	<ul style="list-style-type: none"> • Take naps. • Go to bed earlier. • Ask your partner to help with chores.
SWOLLEN LEGS AND VARICOSE VEINS (ENLARGED VEINS NEAR THE SURFACE OF SKIN)	Increased body fluids	<ul style="list-style-type: none"> • Wear support stockings. • Rest with your legs up on pillows.
VAGINAL DISCHARGE	Hormones	<ul style="list-style-type: none"> • Wash with a mild soap. • Talk to your provider if you notice a bad odor or blood in the mucus.

Being pregnant can be a joyful time. Sometimes, discomfort gets in the way of your joy. **We are here to help.** We offer some tips for feeling well during your pregnancy.