**Chapter 4**

**Self-Care and Common Discomforts of Pregnancy**

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| **Discomfort** | **Self-Care Measures** |
| **First Trimester** |  |
| **Nausea with or without vomiting** |  |
| **Breast Tenderness** |  |
| **Urinary Frequency** |  |
| **Vaginal Discharge (Leukorrhea)** |  |
| **Second and Third Trimester** |  |
| **Heartburn** |  |
| **Constipation and Flatulence (Gas)** |  |
| **Hemorrhoids** |  |
| **Backaches** |  |
| **Round Ligament Pain** |  |
| **Leg Cramps** |  |
| **Headache** |  |
| **Varicose Veins** |  |
| **Edema of feet and ankles** |  |
| **Faintness and Dizziness** |  |
| **Fatigue** |  |
| **Dyspena** |  |