

Self-care tips for patients

Pregnancy



Use pregnancy support belts

Reduce pelvic girdle pain with the help of support belts.



Drink plenty of water and eat a high-fibre diet

Keep yourself hydrated, eat adequate fibre and keep mobile to help prevent or relieve constipation. Place your feet on a stool when going to the toilet to reduce straining and pressure on the abdomen.



Learn about the birthing process

Don't expect the 'perfect birth'. Learn about breathing strategies and partner involvement.



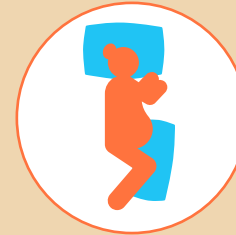
Eat well

'Eat the rainbow'. Choose meals with key nutrients to bolster your mood and help your baby grow.



Take time out for you

Slow down and rest your body to get ready for the birth.



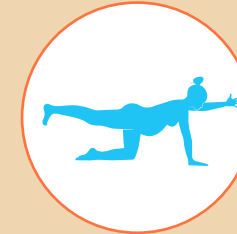
Sleep well

Sleep on your side with a pillow between your knees, and a wedge pillow under your abdomen. Avoid sleeping on your back. Wear satin pyjamas and use satin sheets to help rolling over in bed easier.



Look after your mental health

Reach out if you need mental health support.



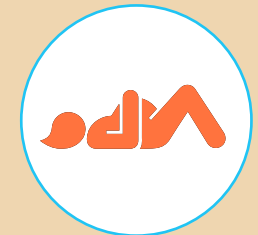
Strengthen your pelvic floor and core

Exercise programs can help to strengthen and relax your pelvic floor and core before, during and following birth.



Use meditation to relax

Meditation throughout pregnancy can help you to relax.



Keep your knees together

Avoid activities that involve loaded separation of the legs. Keep your knees together when getting in and out of the car and rolling over in bed.