

Track heartburn, nausea, and constipation symptoms

Always speak with your health care provider about nausea, vomiting, heartburn, constipation, or other concerns. The tips below are provided for helpful advice only. They are not meant to take the place of professional medical recommendations.

Pregnancy affects each person differently. The tips below may help you relieve mild nausea, heartburn, or constipation during your pregnancy. Use the tracker below to help you discover which tips help most!

Tips to relieve morning sickness (mild nausea)

- Try drinking liquids between meals (instead of with solid foods).
- Eat smaller meals (and eat them more frequently).
- Try to find foods in each food group that don't make you feel sick.
- Smell lemons.
- Avoid foods and odors that make you feel sick.
- After sitting or lying down, get up slowly.
- Drink plenty of liquids.
- Try to get some fresh air.

Tips to relieve heartburn

- Take your time eating. Don't rush!
- Eat smaller meals (and eat them more frequently).
- Don't eat too late. Wait 2-3 hours after eating before going to sleep or lying down.
- Try sleeping in a semi-sitting position.
- Avoid tight clothing.
- Avoid foods that cause you heartburn. This might be spicy foods, fatty/fried foods, caffeine, or soda.
- Try drinking liquids between (not during) meals.

Tips to relieve constipation

- Drink plenty of fluids (at least 8-12 cups of water each day).
- Eat foods that are high in fiber. This includes fruits, vegetables, beans and whole grains.
- Ask your healthcare provider about physical activity. Staying active is one way to help prevent constipation.

My Symptom Tracker

Are your symptoms always the same? What seems to cause them? What seems to help them go away? Fill in the tracker below to see if there is a pattern to your morning sickness, heartburn, or constipation. You can also track which tips seem to help the most to give you relief.

Date	Time Symptoms Began	Time Symptoms Ended	Symptoms?	Causes?	What tips did I try to get relief?	Did this tip help?
Example: 4/18	7pm	8pm	<i>Burning feeling in my chest</i>	<i>Spicy sauce at dinner?</i>	<i>Changed to looser clothes</i>	<i>Kind of!</i>
Example: 4/21	2:20pm	4:45pm	<i>Queasy, but I never threw up</i>	<i>Bad smells at work</i>	<i>Tried having smaller meals more often</i>	<i>A little!</i>
Example: 4/23-4/26	<i>Morning</i>	<i>Evening</i>	<i>Constipated</i>	<i>Not enough fiber?</i>	<i>Ate more fruit and drank water</i>	<i>After a while!</i>

[illegible]