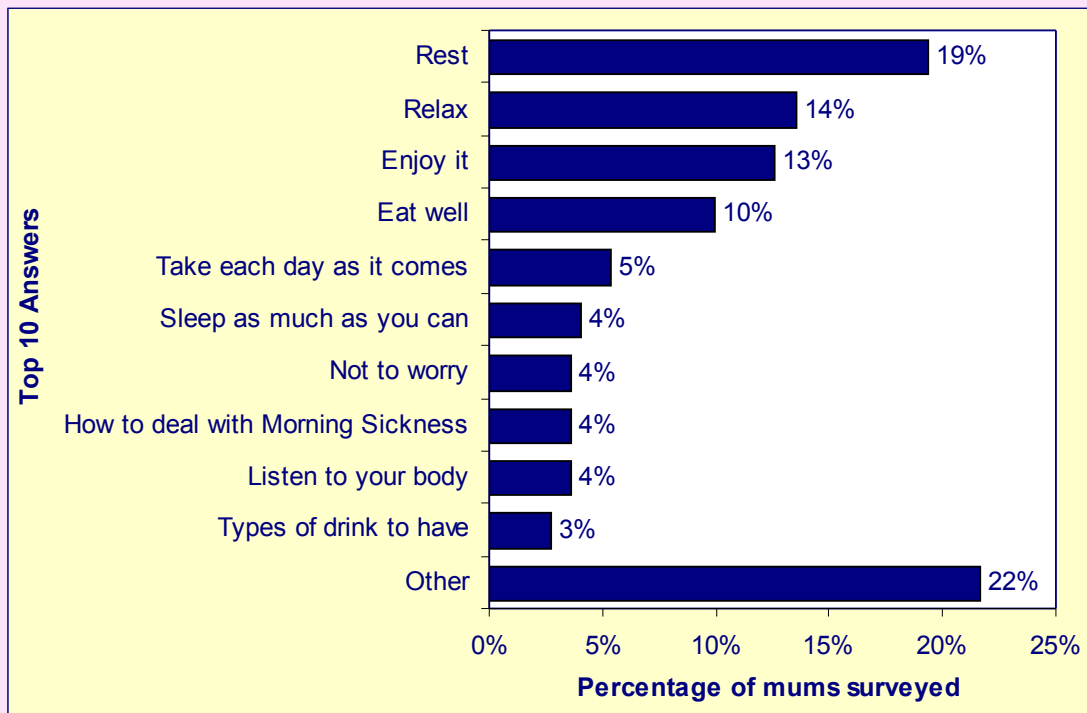


Survey Question:

“What has been the **best piece of advice** given to you about your pregnancy?”

The “Top 10” most popular answers are:**Info on the survey:**

- To ease Morning Sickness:
 - Taking Ginger was the top single piece of advice received
 - Fizzy Drinks and Soda Water to help with Morning Sickness
 - Eating first thing in the morning
- Types of drinks that Mums received as advice:
 - Milk to deal with heartburn
 - Orange Juice to help increase iron intake
 - Don't drink alcohol
- Morning sickness and vomiting are very common, especially in early pregnancy, although the cause is unknown. However, the condition hyperemesis gravidarum is very serious as it involves dehydration and loss of minerals due to not being able to keep liquids down.
- 1 in 150 pregnant women will have to be admitted to hospital because they are suffering with hyperemesis gravidarum (source: pregnancysickness.support.org.uk)

- Eating reduces nausea in 50% of sufferers of nausea and vomiting in pregnancy (source: pregnancysicknesssupport.org.uk)
- 30% of pregnant women need time off work due to nausea and vomiting (source: pregnancysicknesssupport.org.uk)

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
Relaxation tips	www.babyworld.co.uk/information/pregnancy/pregnancyweek/relaxationtips.asp
10 ways to avoid stress	www.babycentre.co.uk/pregnancy/antenatalhealth/emotionalhealth/10waystosurvivestress/
Relaxation	http://thepregnancycentre.com/relaxation.html
For advice on eating well – what to eat and what to avoid	www.eatwell.gov.uk/agesandstages/pregnancy/
Eating well during pregnancy	www.bbc.co.uk/parenting/having_a_baby/pregnancy_diet.shtml
A comprehensive guide to what foods to avoid and why	www.nhsdirect.nhs.uk/articles/article.aspx?articleId=917
Eating in pregnancy and afterwards – login required	www.annabelkarmel.com
Pregnancy sickness - explanation	www.netdoctor.co.uk/health_advice/facts/pregnantnausea.htm
Pregnancy sickness – treatments (from NHS Direct and the BMJ)	www.besttreatments.co.uk/btuk/conditions/17143.html
Sickness	www.bbc.co.uk/parenting/having_a_baby/pregnancy_sickness.shtml
Pregnancy sickness support	www.pregnancysicknesssupport.org.uk/003.asp
Sleep problems	www.netdoctor.co.uk/health_advice/facts/pregnantsleep.htm
Sleep - Strange dreams	www.babycentre.co.uk/pregnancy/antenatalhealth/sleep/strangedreams/

Survey Stats	
Date of survey	July 2006
Number of mums surveyed	250
Type of mums surveyed	All pregnant – 50% first pregnancy; 50% already with one or more child