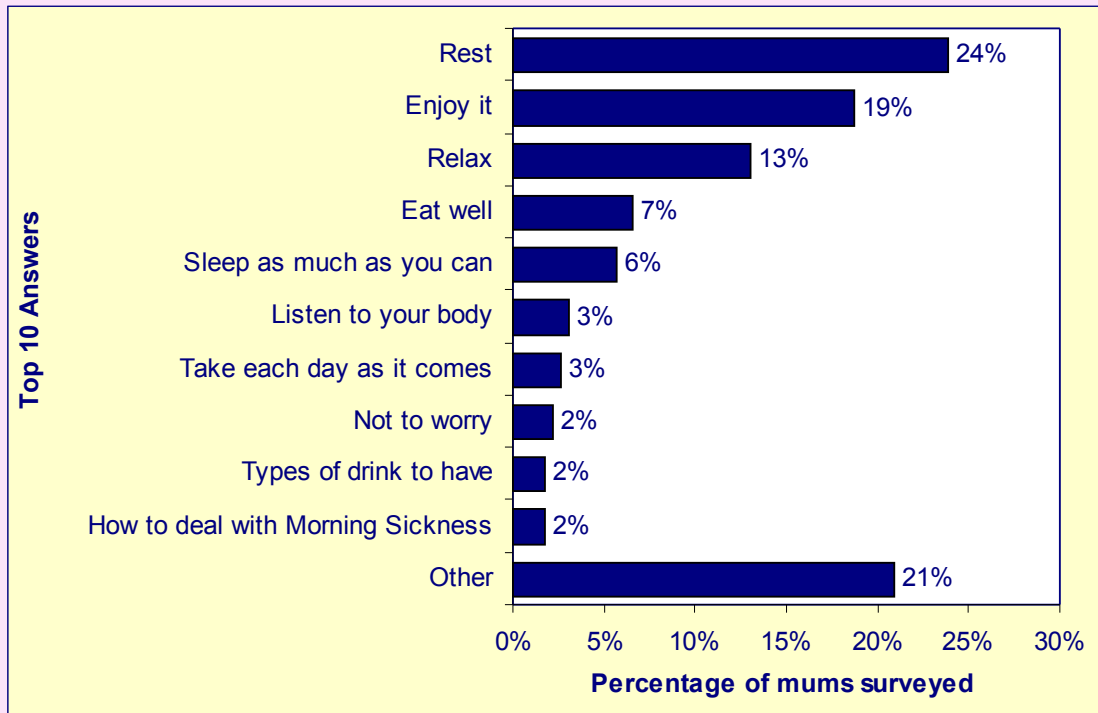


**Survey Question:**

**“What was 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: [pregnancysicknesssupport.org.uk](http://pregnancysicknesssupport.org.uk))

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

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

| Survey Stats            |  |
|-------------------------|--|
| Date of survey          | July 2006  |
| Number of mums surveyed | 250  |
| Type of mums surveyed   | 50% with one child; 50% with more than one child |