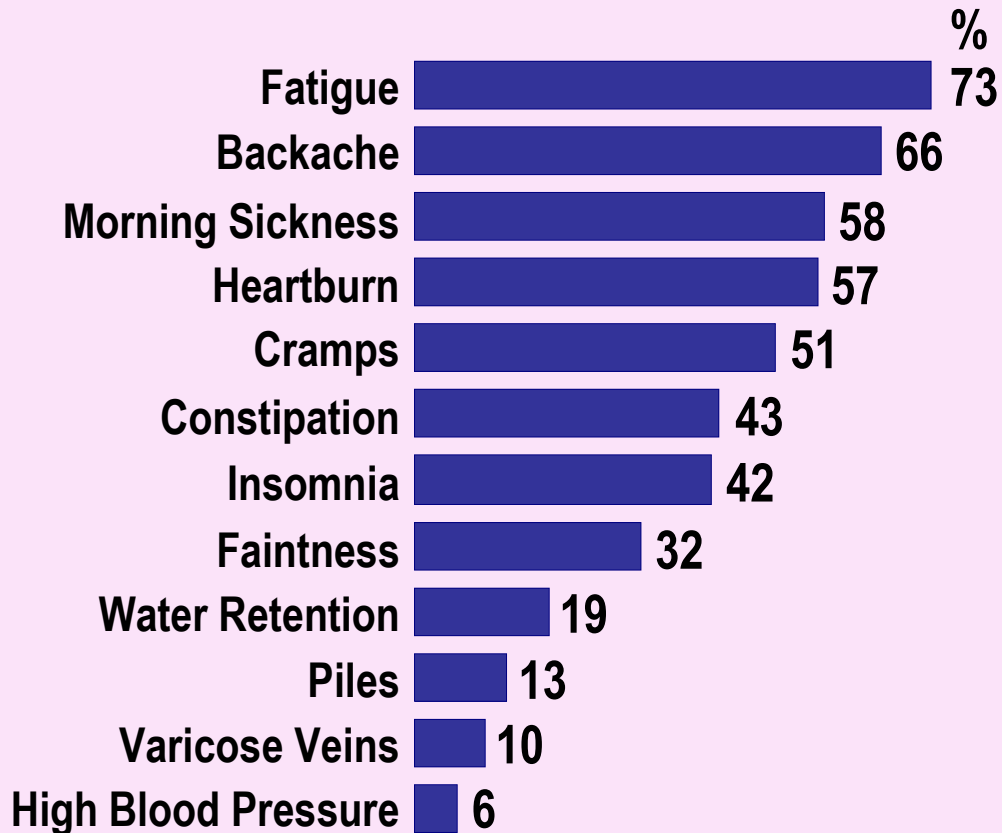


Pregnancy ailments

Survey Question:

“Which of these ailments have you suffered from during this pregnancy?”



Useful information:

- Heartburn is more likely to occur in late pregnancy
- 73% of Heartburn sufferers took something to relieve it – the most popular products were: Gaviscon (46%) and Rennies (28%). 3% of sufferers used milk to relieve it.
- Constipation is more likely to occur in early pregnancy.
- Only 22% of Constipation sufferers took something to relieve it – the most popular products were: Lactulose (35%), Senna (15%), Fibrogel (10%), Senokot (5%) and Prune juice (5%).

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
Coping with tiredness	www.babyworld.co.uk/information/pregnancy/pregnancyproblems/pregproblems_tiredness.asp
Advice on sleep	www.babycenter.com/pregnancy/pregnancysleep/index
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
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
Heartburn	www.bbc.co.uk/health/ask_the_doctor/pregnancyheartburn.shtml
Heartburn	www.netdoctor.co.uk/ate/pregnancyandchildbirth/204677.html
Heartburn	www.babycentre.co.uk/pregnancy/antenatalhealth/physicalhealth/heartburn

Survey Stats	
Date of survey	September 2006
Number of mums surveyed	210
Type of mums surveyed	All were pregnant women