

Urinary tract infections are more common in pregnancy. You should look out for the signs and symptoms, and contact your GP or midwife urgently if you think you could have an infection. Symptoms include pain on passing urine, passing small amounts of urine more often than usual, or urine that is cloudy and strange smelling.

Incontinence can affect women during and immediately after pregnancy, due to the effect of hormones on the pelvic floor, and the pressure from the growing baby. Women may leak a small amount of urine when coughing, laughing, sneezing or moving suddenly, and this is usually nothing to worry about. If symptoms persist for a long period after birth, or are severe, ask your GP to refer you for specialist support. It is recommended that all women strengthen their pelvic floor during pregnancy. See page 29 for more information about pelvic floor exercises.

Download the 'squeezy app' to help you with pelvic floor exercises at: www.squeezyapp.co.uk

Feeling faint is common and often caused by standing up too quickly or lying flat on your back. Always stand up gently and when lying down try to stay on your side, particularly after 28 weeks gestation.

Headaches may increase due to hormonal changes. Drink plenty of water, rest and take paracetamol if required. Contact your midwife/doctor if you experience a sudden severe headache (with/without problems with vision).

Indigestion/heartburn is caused by hormonal changes, and the womb pressing on your stomach as your baby grows. There are plenty of home remedies you can try. Milk and/or antacids can help ease symptoms.

Swollen hands, ankles and feet often occur as the body holds more water whilst pregnant. Avoid standing for long periods, rotate your ankles regularly and elevate your feet when seated if possible. Sudden and severe swelling isn't normal and you should call your maternity unit if you notice this.

Constipation can occur from quite early on in pregnancy. Drink plenty of water and ensure you're getting lots of fruit, vegetables and fibre in your diet.