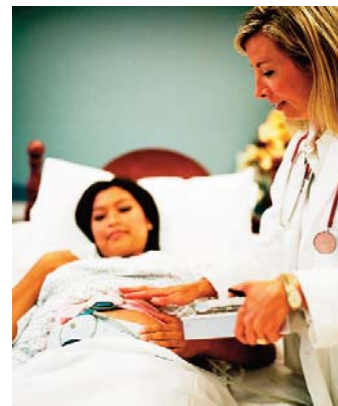


Fall Prevention



- Accidents and injuries can happen during pregnancy.
- Injuries may complicate some pregnancies.
- Changes in your body in early pregnancy may increase the chance for injury.
- You may be tired, feel faint, and find it hard to breathe.
- As your belly increases in size, you are more likely to have minor injuries.
- Late in pregnancy, you may lose your balance and coordination and fall.
- You may feel faint in warm, crowded places due to changes in blood volume during pregnancy.
- "Head rush" is a feeling of dizziness, lightheadedness, headache, blurred or dimmed vision, and you may black out for a few minutes.
- A sudden change of position, or standing for long periods of time, can cause this feeling.
- Some medications can cause a change in blood pressure as well.
- Faintness is a feeling of light dizziness, a floating feeling when you are unable to focus on anything and may have trouble hearing. If this happens:
 - Sit down and lower your head between your legs.
 - Have someone help you to an area where you can lie down.
 - Get fresh air.
 - Ask someone to call for medical help if you do not feel better.
- Your blood pressure may drop while lying on your back later in your pregnancy.
- Your uterus is pressing on the large blood vessels behind it. This causes a drop in blood pressure.
- This can also happen when you are having an ultrasound or other medical tests.
- This can be avoided by placing a pillow or a rolled towel below your right hip when you are lying down. This helps to keep your body from tilting to the left.
- This will help keep the weight of the pregnancy off the large blood vessels.



- Tell your doctor or nurse if you feel faint at any time during your pregnancy.
- Your growing uterus can change your sense of balance.
- Wear low-heeled shoes with non-slip bottoms.
- Move slowly when changing position.
- Use handrails when going up or down stairs.
- Exercise to stay fit and feel your best during pregnancy.
- Ask your doctor about exercise that is good for you during pregnancy.
- It is important to avoid exercise that could cause a loss of balance or hurt your belly.

