

# *Zooming through* Pregnancy to Parenthood

*Prenatal health education in a community model during COVID-19*

## **Common Discomforts in Pregnancy Webinar FAQs**

Disclaimer: This Webinar was recorded on 4/15/20 and the FAQ answers published on 4/20/20. All current recommendations and policies are subject to change. For the most up to date UCSF COVID related information, visit <https://coronavirus.ucsf.edu/>

### *Is the left side better/different than right side for sleeping?*

Either side is fine, left is not necessarily better.

### *Is quasi stomach sleeping okay?*

Yes, as long as you still feel comfortable in this position and not feeling short of breath or dizzy. Most women will feel better sleeping on their side in the third trimester.

### *Can pregnant women get foot massage? Do you recommend getting one of those "foot spa bath massager"?*

Foot massage is safe and a spa bath massager is safe also, add some Epson salts or Magnesium flakes to the water for any edema or to help with relaxation before sleep.

### *Does UCSF offer any virtual prenatal yoga classes right now?*

UCSF is not offering any virtual yoga classes, at this time. We will post on the UCSF Women's Health Resource site if that changes. However, Jane Austin at the Yoga Tree is doing virtual prenatal yoga classes right now. Email [jane@janeaustinyoga.com](mailto:jane@janeaustinyoga.com) for a schedule of classes. You can also contact [vanessaracinet@yahoo.com](mailto:vanessaracinet@yahoo.com) for any group or private prenatal classes.

### *Is sparkling water okay*

Absolutely

### *What about papaya enzyme for heartburn?*

Yes, papaya enzyme is safe and many patients swear by it. It can be taken in a capsule form.

### *Is "raw and unfiltered" honey safe to have?*

There is no reason to believe that raw honey is unsafe in pregnancy.

### *Is it normal to feel dehydrated all the time?*

The water demands in pregnancy are much higher, so it can be common to feel thirsty and is a sign for you need to drink more water. However, sometimes feeling thirsty can be a sign of Gestational Diabetes, so it's important to be tested for that as part of your prenatal care.

### *Where can we find the video for the nutrition webinar?*

Please click on webinar link for the recording of Zooming through Pregnancy to Parenthood: Nutrition & Immunity webinar. All recordings of the series will be available through the UCSF Women's Health Resource Center website. <https://womenshealth.ucsf.edu/whrc/ucsf-womens-health-webinar-series>

### *My eczema has been going crazy is that normal?*

There are many skin changes that happen in pregnancy and something such as eczema can certainly get worse while pregnant. In most cases, pregnancy induced eczema can be controlled with moisturizers and ointments. One natural eczema cream that we like is by Four Elements called "Look No X Ma" moisture cream. There is also some evidence that UV therapy may help eczema symptoms, so try to get outdoors for some sun time!

### *I get muscle soreness and sometimes Charlie horses in my legs and buttocks. Anything I can do to prevent it?*

Muscle soreness and cramps are common in pregnancy. This is due to changes in hormones and also stretching ligaments and muscles to accommodate a growing uterus. There are many pregnancy pillows available online that help to make sleep more comfortable and feel better supported. A lot of pregnant moms put a pillow in between their legs while sleeping. Also, staying well hydrated and taking a magnesium supplement can help prevent the muscle cramps.

### *Any recommendations for restless legs at night?*

You can try magnesium supplementation as this can sometimes help calm the nervous system and help with muscle relaxation. Some people also enjoy using a weighted blanket to help with restless legs.

### *How careful do we need to be about bath temperature? Should we buy a thermometer for the tub?*

Taking warm baths can be incredibly soothing for pregnant moms and we recommend them! Yes, it is true you should be mindful of the temperature and hot tubs should be avoided for longer than 10 minutes at a time. A good rule of thumb with the temperature of a bath is to be mindful to not raise your body temperature beyond 101F. If you find yourself uncomfortable from the heat or starting to sweat on the upper lip then that is a sign the water is probably too hot.

### *I'm in 3rd trimester, and often feel pressure on my pelvis. Any recommendations to alleviate (other than popping out this kid)?*

Yes! Pregnancy belts can be super helpful to alleviate the pressure on your pelvis, especially in the third trimester. One of our physical therapists recommends the brand, Baby Belly Band.