

Dizziness in Pregnancy

Dizziness is a common feeling for many women at some point during pregnancy.

Common causes for dizziness:

- 1) Drops in blood pressure
- 2) Low blood sugar
- 3) Sinus pressure, congestion, allergies
- 4) Medications

Treatment options:

- 1) Hydrate! Drink more water. 8-10 8oz glasses of water minimum.
- 2) Change positions very slowly.
- 3) Eat small, frequent meals. (Every 3-4 hours)
- 4) Eat first thing in the morning, have something to eat prior to getting into the shower.
- 5) Eat more protein and less sugar with every meal and snack. Never eat a meal or snack that contains only carbohydrates.
- 6) Treat allergies. May try saline nasal spray, Neti pot, Benadryl, Claritin or Zyrtec.
- 7) Treat sinus pressure/congestion. Saline nasal spray or Neti pot okay. Decongestants like Sudafed or Afrin can help. Do not take decongestants in the first trimester.
- 8) Certain medications can cause dizziness, including some medications used to treat nausea, depression, insomnia or diabetes.
- 9) Meclizine, an over the counter medication can help to lessen symptoms of dizziness and vertigo. Take $\frac{1}{2}$ tablet every 6-8 hrs.

Please contact the office if you continue to experience dizziness despite trial of these treatment options. Call the office if loss of consciousness, fall, or confusion. Call the office for vision changes with a severe headache, chest pain or shortness of breath. Do not drive if dizzy or lightheaded.