

g. Dizzy Spells and Fainting

MODULE 2

Causes

Pregnant women may feel dizzy and faint because of increased blood circulation. The circulatory system works hard during pregnancy. The uterus exerts pressure on the large blood vessels causing the blood pressure to decrease. Pregnant women with anemia (low iron in the blood) are more prone to dizzy spells and fainting.

What can I do?

Here are a few tips if you are prone to fainting.

