

r. Shortness of Breath

MODULE 2

Causes

You may feel out of breath during your entire pregnancy. As your uterus gets bigger, it pushes against your ribs, reducing the space in which your lungs can expand. In most cases the shortness of breath disappears when the baby gets bigger and moves down into the pelvis. For most women expecting their first child, this happens about two weeks before the onset of labour.



What can I do?

- There is not much to do to prevent this discomfort. A good posture may help. Having a straight posture will increase the space for your lungs to expand.
- Sleep with several pillows under your head and shoulders.
- Take slow, deep breaths.
- Raise your arms over your head to lift your ribcage.
- Do not get overtired.
- Wear roomy clothes.

If nothing works?

- Talk with your health care provider. Shortness of breath may indicate a lack of iron in your blood.