

b. Fatigue

MODULE 2

Causes

Fatigue is normal during pregnancy. It is more apparent during the first three months. You feel fatigue because your body uses a lot of energy adapting to the pregnancy.

You may also feel fatigue during the last two months because carrying your weight plus the weight of the baby requires a lot of energy.



What can I do?

Here are a few tips to reduce fatigue.



If nothing works?

- Consult your health care provider before taking any medication.
- Avoid coffee or caffeine tablets to stay awake.