

Preventing Falls During Pregnancy

Yarmouth Regional Hospital

Falls are the most common cause of minor injury during pregnancy.

- › The weight of your growing belly can affect your balance. When your belly gets big, it is also harder to see what is in your path.
- › Pregnancy hormones relax your joints and ligaments to get your body ready for birth. This can affect the way you move and walk. You might feel a bit clumsy. This is common.
- › You may also have low blood sugar and/or low blood pressure when you are pregnant. This can sometimes make you feel faint or dizzy.



These tips can help you lower your risk of falling:

- If you have dizziness, work with your health care team to keep your blood sugar and blood pressure at a normal level.
- Take your time when you sit up, stand up, or turn around. This can prevent you from getting dizzy. Make sure you feel stable before you move around.
- On stairs, be sure to keep 1 hand on the railing.
- In the shower or tub, use a bath mat and put in a grab bar.
- Wear well-fitting, low-heeled shoes with good grips.

- In icy weather, get in and out of the car using both feet. Have someone walk with you if possible, and hold their arm for support. If you do have someone with you, get them to drop you off at the door.
- Keep floors and stairs inside and outside of your home dry and clear. This includes making sure children and pets are not under your feet while using stairs. Be careful when walking on uneven areas like grass or gravel, where your balance will not be as good.

If you fall:

› Phone: 902-746-1130

or

› Go to the Women and Children's Health Unit at
Yarmouth Regional Hospital

**You can also call 811 to talk to a registered nurse
24 hours a day, 7 days a week.**

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by: Women and Children's Health Unit, Yarmouth Regional Hospital
Designed and Managed by: Library Services*