

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 change your centre of gravity and affect your balance. When your bump gets big, it is also harder to see what is in your path.

Pregnancy hormones that relax your joints and ligaments to get your body ready for birth can also affect the way you move and walk. You might feel a bit clumsy. This is normal!

You may have low blood sugar and/or low blood pressure when you are pregnant. This can make you feel faint or dizzy at times.

It is not possible to prevent falls completely, but the tips below can lower your risk.

- If you have dizziness, work with your health care team to keep your blood sugars and blood pressure at normal levels.
- Take your time when sitting up, standing up, and turning around to avoid getting dizzy. Make sure you are balanced before moving.
- On stairs and steps, be sure to keep one hand on the handrail for added safety.
- Use a bath mat and grab bar in the shower or bathtub.
- Wear well-fitting, low-heeled footwear with good grips.
- In icy weather, get in and out of the car using both feet. Have someone walk with you if possible so you can hold their arm for support. Better still, have them 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 the yard or gravel, where your footing won't be as good.



If you do fall, please call 902-742-3542 ext. 1130 or come to the Maternal Child Unit at Yarmouth Regional Hospital. You can also call 811 to talk to a Registered Nurse 24 hours a day, 7 days a week.