

DIZZY SPELLS

During the early stages of pregnancy, you may experience dizziness or fainting. This is caused by the circulation changes happening in your body and usually goes away by the second half of pregnancy. Lying on your back toward the end of the pregnancy may also cause dizziness. Lying on your left side is recommended. Do not change positions suddenly. When you are lying down, ease yourself up to a standing position in stages. Do not move too quickly!

Sometimes dizzy spells can be caused by changes in blood sugar this can be a common symptom in pregnancy. Eating small frequent meals, high in protein or eating high protein snacks (i.e., cheese and crackers, peanut butter and crackers, nuts, or eggs) will help decrease the symptoms but may not completely relieve the symptoms.