

## Swelling (Edema)

**Even when you feel bloated, you still need to keep drinking water!**

### Why?

*Pregnant women naturally retain more water in their bodies.*

*Many women notice some swelling in the 3rd trimester. This is normal.*

### How to cope

- *Never limit the amount of fluids you drink. You need at least 8 cups of fluids each day, including milk, juice, water and soup.*
- *Continue to eat salt in moderation.*
- *To reduce swelling:*
  - *Put your feet up.*
  - *Avoid crossing your legs.*
  - *Wear loose clothing.*
  - *Get plenty of rest and exercise.*

### Did you know?

*... Drinking fluids actually helps to control the swelling.*

### Check with your doctor or nurse...

*If you have:*

- *a lot of swelling*
- *swelling that comes on suddenly*