

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 have low blood sugar and/or low blood pressure when you are pregnant. This can sometimes make you feel faint or dizzy.



It is not possible to prevent all falls, but these tips 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. This can help you to avoid getting dizzy. Make sure you have good balance before moving.
- On stairs, be sure to keep one hand on the handrail for added safety.
- Use a bath mat and a 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, and 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 grass or gravel, where your balance will not be as good.

If you fall: Call 902-742-3542 ext. 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.