

# Ask Yourself These Questions If You Have Pregnancy

## Ice Cravings



Maintain a diary and note down the answers to these questions to help your doctor better understand your symptoms and the cause behind your ice cravings.



**1** What time of the day do I get the cravings for ice?

**2** Do I crave ice when there is any discomfort in my mouth?

**3** Does my craving subside after I eat a specific type of food?

**4** How much ice am I eating to satisfy my craving?

**5** How do I feel before and after I have eaten ice?

**6** Does chewing on ice relax or calm me down?

**7** Does the craving only happen after taking a particular medication or during a specific season?

