

Preventive Tips For DIZZINESS During Pregnancy

Try not to rest on your back, especially after the second trimester





Dress in loose and comfortable clothes

Do not skip any meal





Take iron supplements as per your doctor's advice

Avoid stepping out when the weather is hot and humid





Drink enough water and fluids

Take your time when getting up from a lying or sitting position





Do not stand for a long time

MomVlunction

Source: https://www.momjunction.com/articles/dizziness-during-pregnancy-causes-tips-

to-manage-prevention_00736557/