

Anemia

Complications of Pregnancy

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

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711

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Your Extended Family



Your Extended Family

What is anemia?

Anemia is when you do not have enough red blood cells to carry oxygen to tissue. This can be very harmful to you and your baby when you are pregnant.

What causes anemia?

- A lack of iron
- A lack of folate or folic acid
- A lack of vitamin B12

What are the symptoms of anemia?

- Weakness or fatigue
- Dizziness
- Shortness of breath
- Rapid or irregular heartbeat
- Chest Pain
- Pale skin, lips and nails
- Cold hands and feet
- Unable to focus

What can you do to prevent anemia?

Eat iron rich foods:

- Lean, red meats and poultry
- Eggs
- Dark, leafy green vegetables (such as broccoli, kale and spinach)
- Nuts and seeds
- Beans, lentils and tofu

Take your prenatal vitamins.



Left untreated, anemia can cause preterm labor and delivery.

Are you at risk?

- Are you pregnant with more than one child?
- Is this pregnancy close to your last pregnancy?
- Are you a pregnant teenager?
- Do you eat enough foods that are rich in iron?
- Do you vomit a lot from morning sickness?
- Did you have anemia before you became pregnant?