



Dos ✓ And Don'ts ✗ For The Fifth Month Of Pregnancy

Dos

Drink a lot of water and follow a healthy diet



Eat more frequent, smaller meals

Maintain a proper sitting and standing posture



Wear loose and breathable clothing and comfortable flat footwear

Don'ts

Avoid lifting heavy objects



Do not sit or stand abruptly

Do not take any medicine without consulting a doctor



Do not smoke and avoid alcohol