
**Background:** antenatal women knowledge regarding minor and its related management is essential to safeguard pregnant women own health. **Aim:** the present study was to evaluate the effect of utilization of self-care practice guideline on relieving minor discomfort (ailments) among new pregnant women. **Setting:** the current study was conducted at the antenatal clinic at Benha University Hospital. **Research Design:** A Quasi-experimental design was used. **Sample:** Purposive sample included 22 primigravida women in the first trimester of pregnancy were recruited in the present study. **Data collection:** A structured interviewing questionnaire, knowledge assessment sheet and self-care reported practice assessment tool were used to collect the required data. **Results:** the present study revealed that, there was a highly statistically significant improvement knowledge mean score, knowledge mean score was increased from 1.35 to 3.113 at post intervention. In addition self-care reported practice was satisfactory improved, as practice mean score was increased from 4.132 to 3.113 at post intervention phase and there was a highly positive association between women knowledge and practice score. **Conclusion:** self-care practice guideline is effectively improving primigravida women knowledge and self-care practice regarding management of minor discomfort. **Recommendation:** self-care practice guideline regarding self-care management for minor discomfort is essentially recommended for pregnant