

Nausea & Vomiting: “Morning Sickness”

In the early months of pregnancy, you may experience some nausea and vomiting, which can occur any time during the day or night. This is believed to be caused by hormonal changes that slow the digestive system. In severe cases this can be a serious medical problem if not controlled. The following are some suggestions to help relieve nausea and vomiting during pregnancy. These are general guidelines. Not everyone will be able to tolerate the same foods, so let your body dictate what you eat. It is important to eat foods that you can tolerate. There is no point in eating foods that you think you “should”, if they make you ill.

To **Prevent** morning sickness, try these suggestions:

- Have a “pre-breakfast” snack. Keep bread or crackers at your bedside and eat some before getting up.
- Get out of bed slowly. Give yourself a little extra time in the morning, as rushing and sudden movements may increase nausea.
- Eat several small meals throughout the day instead of 3 large ones. Nausea and vomiting can be worsened by having an empty stomach so avoid getting very hungry.
- Sip fluids between meals rather than with meals.
- Eat high protein foods such as eggs, cheese, nuts, lean meats, etc to help prevent drops in your blood sugar.
- Avoid caffeine in coffee, tea, colas, and chocolate
- Avoid greasy, fried, highly seasoned foods and foods topped with butter, margarine, sour cream, or gravy.
- Avoid foods with strong odors.

To **Remedy** morning sickness, try these suggestions:

- Sip soda water (carbonated water) or ginger ale when you begin to feel nauseated.
- If possible, have someone else do the cooking.
- Get fresh air—take a walk, sleep with an open window...use an exhaust fan if you have to cook.
- Take deep breaths
- Take your prenatal vitamin in the evening after dinner or at bedtime.
- Drink mint tea

If your nausea and vomiting is severe or prolonged, or you think you are becoming dehydrated, contact your healthcare provider.

If you are unable to keep down any food or drink for more than 24 hours, call the office.

Do not take any medication unless prescribed by your healthcare provider.

Suggested foods to try:

Solids

Saltines
Graham crackers
Animal crackers
Melba toast
Plain toast
Plain popcorn
Hot or cold cereal
Hard boiled eggs
Bananas
Applesauce
Oatmeal

Liquids

Apple, Grape, Cranberry juice
Kool-Aid
Tea (weak, decaf)
Soup broth
Gatorade
Jell-o
Popsicles
Sherbet
Clear soft drinks

Once you can tolerate the above foods for at least 24 hours, try adding these foods one at a time.

Solids

Low-fat cheese
Cold meats
½ sandwiches
cheese & crackers
Yogurt
Vanilla wafers
Chunky soups
Baked or mashed potatoes
Bagels/English muffins
Plain noodles
Rice

Liquids

Milkshakes
Ice cream
Low acid orange juice
Lemonade
Milk/Chocolate milk