

NAUSEA & VOMITING IN PREGNANCY

- Nausea and vomiting in pregnancy is also known as morning sickness (although it doesn't always happen in the morning)
- It will usually improve by 13-14 weeks

Here are some tips:

- Try eating six small meals a day instead of three large ones
- Eat a snack before you go to bed or dry crackers before you get out of bed
- Try chewable prenatal vitamins or 2 Flintstone vitamins a day
- Try sour foods (lemon candy), salty foods (pretzels), tart foods (cranberries), pickles
- Avoid odor sources (pet sources, gas stations, diapers, magazines with perfume samples)
- Take ginger products (ginger ale, ginger candy)
- Don't worry about eating a lot of food, just make sure to keep hydrated and take vitamins
- Avoid heat and humidity
- Avoid sources of visual stimulation (computer screens)
- Lie down in a darkened room

Here are some safe treatments:

- Seabands or P6 Accupressure bands
- Ginger capsules (250mg, 4x/day)
- Vitamin B6, 25mg capsules + unisom, half a tablet, together 4x/day, as needed
- Dramamine 50-100mg every 4-6 hours orally or rectally (not to exceed 400mg per day, avoid taking if using unisom)