

Nausea and Vomiting

Nausea and vomiting are common during pregnancy, especially during the first part of pregnancy. This is often called “morning sickness” although it can occur at any time of the day. Although no one is certain what causes the nausea and vomiting, increased levels of hormones during pregnancy may play a role.

- Get plenty of fresh air
- Drink fluids often throughout the day. Cold drinks that are bubbly or sweet may help, such as ginger ale, Gatorade or juice
- Eat small meals each day. Try not to let your stomach get empty, sit upright after meals.
- Avoid smells that bother you
- Eat foods that are low-fat and high in carbohydrates and easy to digest. The “BRATT” diet (bananas, rice, applesauce, tea and toast) may help. This diet will provide vital nutrients that will replace those you have lost. Once you are no longer feeling nauseated you can change back to a more well-rounded diet
- In the morning, sit on the side of the bed for a few minutes then get up slowly, eat dry toast or crackers before you get out of bed in the morning.
- Take a supplement of Vitamin B6 50 mg twice a day and you can add Doxylamine (Unisom) tablet at night - these are available over the counter
- Ginger capsules 250mg four times a day
- Try wearing Sea bands (anti-motion sickness bands)
- Prenatal vitamins and iron can cause nausea for some women. Taking vitamins with a meal may help. A children’s chewable vitamin with folate (folic acid) taken at the end of the day may be tolerated.
- Morning sickness can become a more serious problem. If you cannot keep down any food or fluids for more than 24 hours or if you have lost more than 5 lb. this pregnancy please call the office at 937-435-6222