



Morning Sickness

Even though it's commonly called "morning sickness," nausea and vomiting can occur throughout the day. Morning sickness is usually due to an increase in hormones during pregnancy, and usually disappears after the first three or four months of pregnancy. Some of the remedies listed below may reduce the severity or duration of morning sickness. However, severe, frequent or prolonged vomiting should be discussed with your provider.

If the relief measures below do not work, try Vitamin B6, 25 mg every eight hours or as needed. Vitamin B6 is available at most pharmacies without a prescription.

Relief Measures

- Eliminate alcohol and tobacco.
- Eat five or six small meals each day.
- Never go for long periods of time without food; if you don't eat, nausea gets worse. Try to eat every two to three hours.
- Eat crackers or dry toast in bed in the morning, about 15 minutes before rising.
- Rise slowly; avoid sudden movements.
- Avoid greasy, fried and highly seasoned foods. Use salt to taste.
- Avoid certain food odors that can trigger nausea. Your "triggers" may be foods with strong odors, or something very ordinary that you normally like. Try letting someone else cook!
- Drink small amounts of apple juice, grape juice, Gatorade, lemonade or diluted fruit juice. It's usually best to drink these between, rather than with, meals.
- Use an exhaust fan while cooking to get rid of odors.
- Keep a window open in your home or work environment. Walking 20 to 40 minutes in the fresh air can be beneficial.
- Use Sea Bands, which are available at local drug stores.

- Drink or eat something with ginger, such as ginger ale, ginger tea, a ginger capsule (300 mg.) ginger snaps or ginger cookies two times per day.
- Eat popsicles, sherbet, peppermint gum, LifeSavers, or cinnamon altoids between meals.
- Try to take your vitamins daily. If they upset your stomach, causing more nausea and/or vomiting, discuss stopping your vitamins for a few weeks with your provider. You may also try a Flintstone complete multivitamin (½ tablet, two times daily) or one Slow Fe with folic acid daily if these cause less nausea than your prenatal vitamin.
- Call your provider with any concerns you may have about your nausea, vomiting or dietary intake.
- Listen to your body; do whatever works for you to feel better.

These are all suggestions that may help most women, but not every woman. Feel free to call us with any questions or concerns!

