

Nausea and Vomiting During Pregnancy

Nausea and vomiting commonly occur during the beginning of pregnancy, but can occur through pregnancy. It is often referred to as “morning sickness” but can occur at any time of the day or night. It usually improves by 14-16 weeks.

Morning sickness is the result of increased levels of pregnancy hormone (HCG). They cause the stomach to increase its production of gastric juices, while at the same time slowing the bowel down, decreasing its ability to empty the stomach. The result is a feeling of nausea and occasionally vomiting. To relieve these symptoms you can try the following:

Rest - Take more frequent rest periods or naps. Keep a slice of toast, saltine cracker, pretzel, ginger snaps, or dry cereal at your bedside. It may help to eat something before you get out of bed.

Diet – Eat smaller, more frequent meals to avoid having an empty stomach. Avoid highly seasoned, greasy/fried foods. If food odors bother you, select foods that are cold or at room temperature. Ginger is a natural “anti-nausea” food. Ginger ale, ginger snaps, and ginger hard candies may help. If your prenatal vitamin increases your nausea, hold off on it for a few weeks or try a gummy prenatal vitamin.

Liquids – When bouts of vomiting occur, take sips of clear liquids only. As the nausea passes, increase the liquids to ½ cup every hour. Some examples of clear liquids are water Jell-O, clear soft drinks (ginger ale or sprite), Gatorade, juices, tea, or broth. Add some rice to the broth if you are having trouble eating. Avoid dairy if needed. It is important that you don’t let yourself become dehydrated.

Medications – You can take Emetrol (dosage as directed) or B6 (Pyridoxine 25 mg) combined with Doxylamine (Unisom 10-12.5 mg) 3 to 4 times per day.

Call your doctor if:

- You can’t keep liquids down for 24 hours or if you have not urinated in 24 hours.
- You have abdominal pain, dizziness, severe weakness or if you feel faint. These may be a sign of a more serious problem.

For more information and additional resources go to:

www.medinahospital.net/maternity-care