



## NAUSEA AND VOMITING

Nausea and vomiting (sometimes called “morning sickness”) is a very common complaint in pregnancy. It usually begins about week 6 and ends at week 12, but sometimes can persist longer. The cause is not completely understood, but is likely related to hormonal and chemical changes in pregnancy.

Some of the things that can make it worse are fatigue, fasting or overeating, and stress. The following are some suggestions to improve your nausea and/or vomiting:

- Get as much rest as possible. Try napping during the day.
- Try to limit stress.
- Try to eat some crackers or bread 15 minutes before getting up in the morning.
- Eat frequent small meals, every 2 hours. Do not skip meals.
- Try to eat whenever you feel you can.
- Eat slowly and do not lie down after eating.
- Meals high in proteins and carbohydrates will keep your blood sugars more even, and potentially help with nausea triggered by these fluctuations.
- Eat foods that are easily digestible.
- Try eating foods that appeal to your taste for dry/moist, salty/sweet, hot/cold. Within these categories, experiment with healthier versions (for example, whole grain crackers vs saltines).
- Do not drink liquids 30 minutes prior to and after eating. Instead, try drinking small amounts of fluids between meals to prevent dehydration.
- Simple antacids (eg: Tums, Rolaids) may be used for heartburn.

You can also talk to your midwife about treatment options, including certain supplements, acupressure/acupuncture and a prescription medication called Diclectin.

If you have persistent vomiting for more than 24 hours and are not able to keep down fluids, present yourself to the Emergency Department.