

## NAUSEA AND VOMITING

**WHEN:** First three months and should be over by the 16<sup>th</sup> week of pregnancy.

**WHY:** 1) The body reacting to the change in hormones.  
2) Decreased vitamin B6 or glycogen (the sugar stored in your liver).  
3) Slowed gastric emptying.  
4) Gastric overloading.  
5) Psychological stress and fatigue.

### **TRY THIS:**

- If you have morning sickness, nibble on some crackers or dry cereal placed at your bedside. If you do not have trouble with Crohn's or Irritable Bowel Syndrome, you can also have ginger ale and ginger snaps at the bedside. Eat this about 20-30 minutes before you get out of bed. Try some peppermints.
- Take prenatal vitamin at night instead of the morning.
- Eat small frequent meals every two to four hours, and a high protein snack before bedtime (lean meat or cheese). Protein takes longer to digest. Eat slowly and chew your food completely. Avoid spicy, rich foods, high fat foods, or any foods that seem to give you indigestion.
- Avoid strong smells or cooking odors if they bother you.
- Try spearmint oil (drops 1-2), on your pillow.
- Take extra Vitamin B6 50 mg a day while nauseated.
- Drink liquids between meals instead of with them.
- Try applying firm deep pressure to the inner forearm about two inches above the wrist crease. Massage for two minutes one arm and then the other.
- Antinausea bracelets (Sea band), fits snugly around your wrist and applies pressure to the above designated area. These can be found at drug stores, health food stores, and boating supply shops.
- Ask about the relief band that works on a principal of a TENS unit with electrical stimulation that blocks the nausea urge.

### **CAUTION \*\*ALERT\*\***

- Report weight loss over two months, dry mouth and dark colored urine.
- If you can keep down fluids the baby will take the nutrients it needs. However, if you can not keep down food or fluids for six hours or more, due to dehydration, this must be reported.
- Report any vomiting beyond 16 weeks gestation as this may be an indication of an underlying medical condition.
- Report if you have tried all the steps above, without relief. In severe nausea and vomiting there are medications that can be used.