

Nausea & occasional vomiting during pregnancy

Nutrition, foods and fluids

- ✓ Food suggestions
 - Eat small, frequent meals throughout the day
 - Keep foods and fluids separate when eating and drinking (either eat some food or drink some fluids)
 - Do not allow your stomach to get empty or the nausea and/or vomiting may get worse
 - Dry crackers, toast, pretzels, dry cereal, or other simple carbohydrates
 - Protein and other nutrient sources: eggs, cheese, peanut butter, nuts, dried fruits, trail mix
 - Some women find that lemon hard candies or lemon-flavored chewy candies (Starburst for example) may help reduce nausea levels

- ✓ Liquid suggestions
 - Small sips of fluids throughout the day to stay hydrated
 - Add lemon or lime wedges to your water for flavor
 - Dilute juices may also settle better than water
 - Other liquid sources: broth based soups like chicken noodle soup, vegetable beef soup or vegetable barley soup, fruit juice slushies, fruit smoothies, popsicles, tea, sports drinks, ginger ale (room temperature, slightly flat)

Over-the-counter assistance

- ✓ Vitamin B-6 (pyridoxine)—Pregnancy Category A
 - 25mg, 4 times per day or 50mg twice a day
- ✓ Unisom (doxylamine)—Pregnancy Category B
 - 12.5 to 25mg (½ to 1 tablet) at bedtime, this might make you drowsy or sleepy
 - You can take ½ tablet every 8 hours during the daytime
 - You can take this with Vitamin B-6 for improved results
- ✓ Dramamine, Bonine (meclizine)—Pregnancy Category B
 - 12.5mg, every 6-8 hours as needed

Alternative therapies

- ✓ Ginger
 - 500-1500mg every day, divided into 3 to 4 doses per day
 - Ginger gum, cookies, candies, tea, root powder supplement, capsules
- ✓ Acupressure
 - Sea-Bands (available at your local drug store or pharmacy)
 - ReliefBand (electrical current at the P6 acupuncture point on wrist)
- ✓ Aromatherapy (essential oils or scented candles)
 - Essential oils may help with nausea: peppermint, lavender, chamomile, ginger, lemon, grapefruit, coriander
- ✓ Preggie pops and Preggie pop drops/candies (found at drug stores, Walmart, Target, GNC)