

# Nausea & occasional vomiting during pregnancy

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## 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)