Nausea & occasional vomiting during pregnancy

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

✓ Liquid suggestions
  o Small sips of fluids throughout the day to stay hydrated
  o Add lemon or lime wedges to your water for flavor
  o Dilute juices may also settle better than water
  o 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
  o 25mg, 4 times per day or 50mg twice a day
✓ Unisom (doxylamine)—Pregnancy Category B
  o 12.5 to 25mg (½ to 1 tablet) at bedtime, this might make you drowsy or sleepy
  o You can take ½ tablet every 8 hours during the daytime
  o You can take this with Vitamin B-6 for improved results
✓ Dramamine, Bonine (meclizine)—Pregnancy Category B
  o 12.5mg, every 6-8 hours as needed

Alternative therapies
✓ Ginger
  o 500-1500mg every day, divided into 3 to 4 doses per day
  o Ginger gum, cookies, candies, tea, root powder supplement, capsules
✓ Acupressure
  o Sea-Bands (available at your local drug store or pharmacy)
  o ReliefBand (electrical current at the P6 acupuncture point on wrist)
✓ Aromatherapy (essential oils or scented candles)
  o 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)