



NAUSEA AND VOMITING IN PREGNANCY

WHY DO WOMEN EXPERIENCE NAUSEA AND VOMITING IN PREGNANCY?

- Studies have shown that nausea and vomiting in pregnancy can be a sign of increasing pregnancy hormone levels produced by the placenta (Estrogen and HCG).
- There are theories that it may be evolutionary so that our ancestors didn't eat harmful foods.
- Lack of nausea and/or vomiting is not a cause for concern. Some women with healthy pregnancies never experience morning sickness.
- Risk factors for nausea and vomiting in pregnancy include: Motion sickness, migraine headaches, family history/genetics, history of hyperemesis gravidarum
- Nausea and vomiting tends to worsen at 8-10 weeks gestation and usually improves by 12-16 weeks gestation.

ARE THERE THINGS I CAN DO THAT MIGHT HELP NAUSEA AND VOMITING IN PREGNANCY?

- Get up slowly out of bed.
- Eat a few unsalted crackers before you get out of bed.
- Avoid smells that bother you.
- Try not to let your stomach get empty - Eat small amounts of bland, low-fat, light protein meals at frequent intervals.
- Avoid spicy foods.
- Preggy pops, peppermint, ginger capsules, and cashews may help.
- Sip on water, weak teas, ginger ale, or ice chips often.
- Get plenty of rest.
- Some women find acupressure wristbands, like Seabands, helpful.

CAN I TAKE ANY MEDICATIONS TO HELP WITH MY NAUSEA AND VOMITING?

There are safe over-the-counter medications that can help. These can be found at any pharmacy.

- **Emitrol** - 2 Tablespoons as needed.
- **Vitamin B-6** - 25mg tablet 3-4 times daily (not to exceed 100mg in 24 hours). If you can only find 100mg tablets, just take 1 daily.
- **Doxylamine (Unisom sleep tabs 25mg)** *This may make you drowsy.*
 - Start with 12.5mg (1/2 tab) at bedtime and increase to 25mg (1 tab) if not effective.
 - You may take an additional 12.5mg (1/2 tab) in the morning and at mid-day if taking 25mg (1 tab) at night is not effective.
 - Taken in combination with Vitamin B-6 as listed above has been found to work best.

WHEN SHOULD I CALL THE OFFICE?

- You have tried these recommendations and your symptoms have not improved
- You have lost weight within a week due to vomiting several times a day
- You feel weak, dizzy, or faint
- You are having difficulty urinating and the amount of urine is minimal and very dark in color

Although nausea and vomiting is most common in the first trimester, you can use these suggestions throughout your entire pregnancy.