



Nausea and Vomiting of Pregnancy

Why do I get nauseated and vomit?

Nausea and vomiting, (N/V) is called morning sickness but most often occurs during the day, evening or all day long. The cause of morning sickness is not really known but may be caused by the following:

- HCG is a normal hormone detected in the urine and blood. It is elevated during pregnancy and may cause N/V
- Nausea caused by low blood sugar because you are not eating
- Slower digestion caused by the hormones of pregnancy
- A stronger sense of smell
- Stress related to poor sleep, poor nutrition and exercise, or relationship problems.

Nausea is a common problem occurring in over half of pregnant women. Often it begins when you are 5 to 6 weeks pregnant. It usually ends by 14 weeks but can last longer. Severe N/V can cause dehydration the symptoms are listed below. Call your midwife if you are experiencing these symptoms:

- You are not going to the bathroom or your urine is dark colored.
- Your mouth and lips are dry
- You feel weak and lightheaded

Things to try:

- Eat small, frequent meals, even as often as every 2 hours, as these are more likely to be retained than three large meals a day.
- Take a walk or exercise on regular basis
- Do not brush your teeth immediately after eating to avoid stimulating the gag reflex.
- Drink carbonated beverages—especially ginger ale.
- Do not eat dry food and wet food together, an example is cereal and milk. It is best to eat dry cereal and then an hour later drink something cold or hot, avoid room temperature drinks.
- Avoid foods with strong or offensive odors.

- Lower fat in your diet and eat protein at meals especially in the evening. Foods high in protein: cheese, eggs, lean meats, nuts, protein bars
- Before you get out of bed in the morning, eat dry toast crackers or cookies, whatever works best and then allow 20 minutes for the food to settle before getting up
- Move slowly and allow yourself a few extra minutes when getting out of bed to balance your body and brain
- Keep dry crackers, protein bars or granola bars with you at all times to satisfy sudden hunger
- Have breakfast items on hand, so you don't have to look through cupboards or the refrigerator where odors may be strong
- Avoid sudden movement after eating or drinking
- Don't let your stomach go empty, eat frequently, this is easier to digest
- Drink plenty of fluids. Try to eat fruits and vegetables with high water content, such as melons, citrus fruits and salads. You can try popsicles, fruit ice or sherbet between meals. Suck on ice cubes or sip cold Gatorade or ginger ale.
- When you cook open windows to decrease odor.
- Get plenty of rest, plenty of fresh air, and see that your home and work or school are not too hot.
- You may try ginger root supplements or preggie pops (near the pharmacy), suck on peppermints, lemons or candies.
- Remember to call your midwife for signs of dehydration or inability to keep food and water down.
- Take your prenatal vitamins at night or you can take gummy prenatal vitamins.
- Stop taking prenatal vitamins and only take folic acid 800mcg.
- Take vitamin B6 25mg three times a day.
- Take Unisom 1/2 tablet twice a day or 1 tablet at bedtime
- Wear sea bands on wrists 24/7.
- Drink tea: Ginger, Red Raspberry, Peach, Peppermint, Chamomile