

# Nausea/Vomiting

## What causes nausea and vomiting during pregnancy?

Nausea and vomiting are a common discomfort in early pregnancy caused by an increase in hormone levels (most often HCG). Most nausea decreases significantly after the first 12 weeks of pregnancy.

## Tips to make it better:

- Eat small, frequent meals
- Place crackers next to your bedside to nibble prior to sitting up in the morning
- Drink small amounts of fluid frequently throughout the day
- Eat low fat meals (lowfat milk, lean meats, broiled or canned fish, poultry without skin)
- Eat carbohydrates that are easy to digest (rice, pasta, potatoes, cereals, crackers)
- Snack on ginger or peppermint
- Avoid highly seasoned food
- Avoid foods that give you gas (cabbage, broccoli, onions, sweet potatoes, buttermilk, pinto beans, pork beans)
- Eat protein snacks before bed
- Drink peppermint tea, ginger ale, Gatorade, 7-up, and ginger tea
- Guard against dehydration
- Avoid foul/strong odors
- Rise slowly from bed/sitting positions
- Wear loose, non-restrictive clothing
- Rest

## Call the office if:

- You lose 5 or more pounds
- You can't keep fluids or food down for 24 hours
- You have abdominal pain, fever, or severe weakness
- You feel faint
- Your urine becomes very dark yellow, or you notice a decrease in the frequency of urination

Do not take antinausea medications without consulting your provider.