

# NAUSEA AND VOMITING IN PREGNANCY

## Measures which may be useful in managing nausea and vomiting in pregnancy:

- Eating frequently in small amounts. Try to avoid having your stomach completely empty. Eat dry toast, crackers, a peeled apple, or a plain peeled potato.
- Eating high carbohydrate, low fat foods.
- Eating protein predominant meals.
- Eating a bland dry diet; try potato chips, crackers.
- Drinking small amounts of cold, clear carbonated or sour liquids (like lemonade), drinking between meals rather than with meals. Try Gatorade, ice chips, popsicles, diluted juices, ginger ale or coke, pedialyte.
- Lying down as needed, getting plenty of rest.
- Changing positions slowly, especially when rising. Arise slowly when you wake up and sit up on the side of the bed for a few minutes. Try eating a piece of fruit (peeled apple, grapes, orange slices, melon pieces) before rising.
- Going outside for fresh air as needed.
- Avoid offensive foods and smells.
- Avoiding iron preparations.
- Not brushing teeth after eating.

## Remedies from pharmacies:

- Emetrol, 1 to 2 tblsp. upon rising, then 1 tblsp. every 3 hours as needed (this is a safe alcohol-free, fruit flavored liquid).
- Vitamin B6, take 25 mg. three times per day.
- Sea-Bands, may be purchased at most local pharmacies. These are placed on each wrist (see package directions for proper placement), and have been found to be effective in treating nausea and vomiting.
- Ginger, (Zingiber Officiale) - may take two (2) 500 mg. capsules before bed and upon arising. The daily dose should not exceed 4 gm per day.

~ If your symptoms persist, try Unisom (Doxylamine) - along with Vitamin B6. Can use either ½ tab (12.5 mg.) 3 times a day with Vitamin B6 or one whole TAB at bedtime with last Vitamin B6. If your symptoms become severe, notify the doctor.