



330 Washington Street, Suite 340
Norwich, CT 06360
860.886.2461 Fax: 860.887.8530

David Kalla, MD
Suzelle Hendsch, MD
Melissa Welch, MD
Matthew Brown, MD
Julie Belcher, MD
Kellen Sikora, MD
Erin Kalla, MD

Lindsey Ellis, MD
Zung Hoang, MD
Melissa Bergfeld, APRN
Olivia Carson, APRN
Grace Carver, APRN
Anya Krause, LNM
Anna Dennis, LNM

Nausea and Vomiting in Pregnancy

- Eating frequently in small amounts. Avoid an empty stomach. BRAT diet: bananas, rice, applesauce and toast.
- Eating high carbohydrate, low fat food; Eating protein predominant meals.
- 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.
- Laying down as needed, getting plenty of rest and fresh air. Avoid offensive foods and smells.
- Changing positions slowly, especially when rising. Try eating a piece of fruit before rising.
- Avoid iron preparations. If your symptoms persist, try Unisom (Doxylamine)- along with Vitamin B6. Can use either ½ tablet (12.5 mg) 3 times a day with Vitamin B6 or one whole tablet at bedtime with last Vitamin B6. If your symptoms become severe, notify the doctor.

Non- pharmacological remedies

- Emetrol 1 to 2 tbsp, upon rising, then 1 tbsp, every 3 hours as needed (this is 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 capsule before bed and upon rising. 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 tablet (12.5 mg) 3 times a day with Vitamin B6 or one whole tablet at bedtime with last Vitamin B6. If your symptoms become severe, notify the doctor.