

# **PILGRIM SHORES**

## **Obstetrics, Gynecology & Midwifery**

### **Suggestions for dealing with nausea and vomiting of pregnancy**

1. Small frequent meals. Try eating small bites or amounts of food every 2 hours rather than 3 regular meals.
2. Dry crackers, potato chips or dry toast before getting out of bed in the morning.
3. Something sweet to eat before going to bed at night and before getting up in the morning.

Avoid foods with strong or offensive odors.

Avoid oily, greasy or fatty foods.

Lemon peel squeezed under your nose when you feel nauseous can help, keep some in a plastic bag in your purse!

Wear an accupressure wrist band.

Vitamin B6: one 50mg pill every 12 hours.

Drink herbal teas: Ginger, peppermint, raspberry and/or chamomile.

Sip liquids all day long. Alternate water with fruit juice, carbonated soda, chicken broth, vegetable juice or sports electrolyte replacement drinks (e.g. Gatorade). Try to drink 1-2 gallons of liquid a day sip by sip. You need to avoid becoming dehydrated.

Suck on popsicles or ice cubes.

Eat whatever looks good whenever you feel hungry, in small bites.

If something is not appealing, don't try and eat it.

You may find it easier to eat food prepared by others or requiring very little preparation.

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You must rest, fatigue in the first trimester can be overpowering and nausea and vomiting will make it worse.

Avoid motion and car riding if it makes the nausea worse.

**BE PATIENT!** You can expect improvement after 12-14 weeks of pregnancy.

If the above measures fail there are prescription medications available to help with severe nausea and vomiting. If you have been unable to keep anything down for more than 24-48 hours or are feeling dizzy and lightheaded please call our office.