

Miriam M. Yudkoff, M.D.
Janice L. Bird, M.D.
Nicolle R. Bougas, D.O.
Jackie Nichols, M.D.
Mary E. Ford, C.R.N.P.
Sophie Thibodeau, C.R.N.P.



2003 Medical Parkway
Wayson Pavilion, Suite 250
Annapolis, MD 21401

PHONE: 410.224.2228
FAX: 410.224.4016

NAUSEA & VOMITING

MORNING SICKNESS (MAY ALSO BE "AFTERNOON" OR NIGHT) IN PREGNANCY Interventions to Improve Your Nausea and Vomiting

Nausea and vomiting are common during pregnancy, especially during the first part of pregnancy. This often is called "morning sickness," although it can occur at any time of the day. Although no one is certain what causes the nausea and vomiting, increased levels of hormones during pregnancy may play a role.

- Get plenty of fresh air. Take a short walk or try sleeping with a window open.
- Drink fluids often during the day. Cold drinks that are bubbly or sweet may help, such as ginger ale, Gatorade or juice.
- Eat five or six small meals each day. Try not to let your stomach get empty, and sit upright after meals.
- Avoid smells that bother you.
- Eat foods that are low-fat, high in carbohydrates and easy to digest. The "BRATT" diet (bananas, rice, applesauce, tea and toast) may help. This diet will provide vital nutrients that will replace those you have lost.
- In the morning, sit on the side of the bed for a few minutes and then get up slowly. Eat dry toast or crackers before you get of bed in the morning.
- Take a supplement of vitamin B6 50mg twice a day or Unisom sleep tab (doxylamine) pill available over the counter.
- You may try ginger capsules 250mg four times a day.
- You may try wearing Seabands (anti-motion sickness wrist bands) from a pharmacy or marine supply store.
- Prenatal vitamins and iron can cause nausea for some women. Taking vitamins with a meal may help. A children's chewable vitamin with folate (folic acid) taken at the end of the day may be tolerated. If not, then stop taking them until you feel better.
- Morning sickness can become a more serious problem if you can't keep any foods or fluids down and begin to lose weight. If you are unable to keep any type of foods or liquids down for over 12 hours or you have lost more than five pounds, please call.