

Nausea and Vomiting in Pregnancy

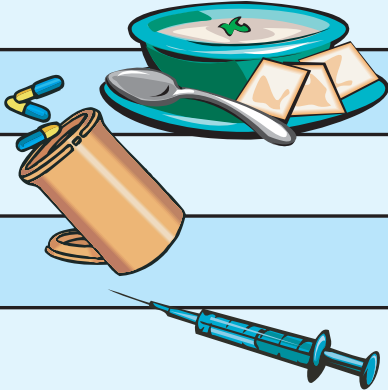


One-third to $\frac{1}{2}$ of all pregnant women experience nausea and vomiting or morning sickness while they are pregnant.

- This does not mean that something is wrong.
 - This is very common.
 - Nausea and vomiting usually begin between the 1st and 2nd missed period.
 - It can last until the end of the 3rd month of pregnancy.
 - Morning sickness can happen at any time of the day or night.
- It may continue past the 3rd or 4th month of pregnancy.
 - You may lose weight or not gain enough weight if this is severe.
 - Most of the time it is not severe.
 - If your vomiting is serious enough to cause dehydration or weight loss, call your doctor.

Treatment

- If nausea and vomiting last for a long time, your doctor may prescribe treatment.
 - The treatment will help with fluid loss.
 - It will give you emotional support to deal with the stress of morning sickness.

YOUR DOCTOR MAY TALK TO YOU ABOUT THE FOLLOWING TREATMENTS:	
Changing your diet.	
Medicine you can take.	
Intravenous fluids to help you with the loss from vomiting.	
Intravenous nutrition to make sure you get enough for you and your baby.	

- The doctor may suggest you use more than one of these treatments.
- Your doctor will help you decide what is best for you.
- You may need to keep a list of what you eat and drink, how much you urinate, and how often you are vomiting.
- This list will tell your doctor if the treatment is helping you.
- You will know best when you are feeling better.
- Do not try to rush into doing things just because you feel a little better.
- Wait until you can go for several days in a row without vomiting and you are hungry again.
- It is common to have many good days followed by a few days when you do not feel quite as good.

Dietary Considerations

- Your doctor may tell you to give your stomach a rest by not eating or drinking anything during the 1st 24 hours of treatment.
- Use a mouthwash to help with the dry mouth you may have during this time.
- When you begin eating and drinking again, you may have to start with small amounts of very cold liquids such as ginger ale or lemon-lime soda.
- Do not drink through a straw. Extra air that comes through a straw may upset your stomach.

After you have felt better for a day or 2, you may try the following:

- Eat small amounts of solid foods like crackers, dry toast, cereal, or baked potatoes every couple of hours.
- You may find that switching between drinking liquids and eating solid food works well.
- Any liquid or solid food should be eaten in small amounts, often.
- Add different beverages and foods when you feel like it.
- Don't eat anything that upsets your stomach.
- Eat a good diet of things you like.
- Most women feel better when they eat 4 to 6 small meals a day.
- You may feel better doing this for the rest of your pregnancy.



Eat small amounts every 2 hours, with about 4 ounces of liquid in between each small meal.

Sample Meal Pattern

Try this temporary diet for severe nausea and vomiting. When you feel better, you can go back to normal eating.

STEP A

- Eat small amounts every 2 hours.
- Take 4 ounces of liquid in-between each meal.
- This plan is a temporary diet used while you are nauseous and vomiting.

EXAMPLE	
7 A.M.	Handful of dry cereal
9 A.M.	Melba toast
11 A.M.	½ cup applesauce
1 P.M.	½ cup mashed potatoes with margarine
3 P.M.	2 halves, canned pears
5 P.M.	½ cup rice with margarine
7 P.M.	2 graham crackers
9 P.M.	1 ounce pretzels

STEP B

- Add 2 more food items to your day if you feel okay.
- Drink liquids 15 to 30 minutes before and after each meal.
- Eat other bland foods when you can.
- Eat small amounts of protein like baked chicken or poached eggs.
- Limit the amount of drinks with caffeine that you drink.
- Limit the amount of spicy and fatty foods you eat.

STEP C

- Eat small, regular meals and between-meal snacks.
- Drink ½ cup of liquid every time you eat.
- Eat a bland or regular diet if your body is okay.

Medications Used to Manage Nausea and Vomiting

- Your doctor may tell you to take medicine (antiemetics) to help calm the nausea and vomiting.
 - There are several different medications that can be used.
 - You can take these medications by mouth, rectally, by injection under the skin, or as an IV infusion.
 - These medications work by calming the part of the brain that tells your body to vomit.
 - Your doctor will decide which medicine is best for you.
 - Keep your medicine out of the reach of children and pets.
 - Keep your medicine away from heat and direct light.

To help prevent more nausea and vomiting try the following:

- Once you begin to eat solid foods, eat a healthy diet.
- Eat a lot of complex carbohydrates such as:
 - Low-fat crackers
 - Pretzels
 - Toast
 - Rice
 - Noodles
 - Baked or mashed potatoes
 - Hot or dry cereal
 - Applesauce
 - Canned peaches/pears
- Eat protein that is low in fat.
- Start with 1 food item at a time and add others as you feel better.
- **Avoid an empty stomach.**
 - Eat small amounts of food 6 to 8 times a day.
 - Include a late evening snack.
 - Avoid lying down immediately after eating.
- **Eat often, before you start feeling hungry.**
 - If your sugar is low, you can feel nauseous or shaky.
- **Before you get up in the morning, eat dry cereal, saltine crackers, hard candy, or other dry carbohydrate foods.**
 - Eat this while still in bed.

Your diet should be high in complex carbohydrates and protein, and low in fat.



- **Get out of bed slowly after you have had your snack so you don't feel nauseous.**
- **Drink liquids between meals, not with your meals.**
 - Drink slowly and in small amounts at a time.
 - Drink some of the following:
 - Decaffeinated tea
 - Ginger tea
 - Ginger ale
 - Weak lemonade
 - Gatorade®
 - Caffeine-free Coca-Cola®
 - JELL-O®
 - Popsicles®
 - Avoid regular or decaffeinated coffee.
- **Don't eat the following foods:**
 - Spicy or highly seasoned foods
 - Fruits and vegetables that cause gas (such as broccoli, onions, cabbage, and cantaloupe)
 - Fatty or fried foods
 - Sauces and gravies
- **Don't eat any food that makes your stomach feel queasy when you look at it or smell it.**
- **Get lots of rest.**
 - You can feel nauseous when you are very tired.
- **You may have to stop taking your prenatal vitamins and other dietary supplements for a short time until you are feeling better.**
 - Ask your doctor before you do this.

Not all of these ideas will work for everyone. Most women only have morning sickness until the end of their 3rd month of pregnancy. Try to take care of yourself *one day at a time*.