

## Pregnancy Nausea & Vomiting

Nausea typically begins around 5-6 weeks and peaks around 11 weeks, resolving by 14 weeks for about half of women who experience it and by 22 weeks for 90 percent. Persistent or severe nausea beyond the first trimester should be evaluated.

One or all or any combination of these comfort measures can be tried to find the most effective relief for you:

1. Eat small, frequent meals, even as often as every 2 hours, because nausea is more common on an empty or overly full stomach. The more often you eat, the more chances you have to keep at least a little something down. Eat what sounds good to you and try cold foods if smells bother you.
2. Eat a protein snack at bedtime and keep protein snacks by the bed to eat each time you awaken during the night to keep blood sugar stable and to prevent morning nausea.
3. Eat dry crackers, potato chips, lemon drops, ginger cookies or toast before getting up in the morning.
4. Make sure each meal or snack contains a source of protein to keep blood sugar stable.
5. **Do not** brush your teeth immediately after getting up in the morning or right after eating to avoid stimulating the gag reflex at susceptible times.
6. Drink carbonated beverages, especially ginger ale that contains real ginger (such as Canada Dry). Try keeping an unopened, warm can by the bed to drink before getting up in the morning.
7. Suck on a lemon drop or sip lemonade throughout the day or when nauseated.
8. Avoid food with a strong or offensive flavors, as well as slimy and overly chewy textures.
9. Limit fat in your diet, as it is hard to digest.
10. Try acupressure wrist bands like Sea-Bands, at P6 acupressure point per package instructions – available at pharmacies, Wal-Mart, Target, Walgreens, etc.
11. **Rest!** Nap daily or lie down whenever possible.
12. Stop prenatal vitamins until nausea resolves and just take folic acid, 400mg, by mouth daily.
13. Take ginger capsules, 250mg, by mouth 4 times a day or 8 ounces of ginger tea 4 times a day.
14. **For mild nausea without vomiting:** Vitamin B6 (pyridoxine) 25mg by mouth 3 times a day.
15. **For moderate nausea with mild vomiting** ( $\leq 2$  times a day) or if no relief from Vitamin B6 alone: *add* Unisom (doxylamine ) 12.5mg (1/2 tablet) by mouth at bedtime and continue Vitamin B6, 25mg, by mouth 3 times a day.
16. If no relief after 4-5 days, try Unisom, 25mg, by mouth at bedtime and 12.5mg (1/2 tablet) in the morning and in the midafternoon *in addition to* Vitamin B6 25mg three times a day. You may also increase Vitamin B6 to 50mg at bedtime with 25mg in the morning and midafternoon if needed.
17. Unisom can cause drowsiness. Start with a bedtime dose for 4-5 days to decrease drowsiness then add as needed and as tolerated in morning and afternoon. **Please note:** bedtime dose helps with morning nausea, morning dose helps with afternoon nausea and afternoon dose helps with evening nausea, so adjust times for your particular needs.