

ELENA M. KAMEL, M.D.  
ANITA LEVIN, M.D.  
LINDA S. KATZ, M.D.  
PAMELA A. LUI, M.D.  
JULIE A. ERICSON, M.D.  
JULIE M. LEVITT, M.D.  
KAMALJEET MURTHY, M.D.



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JORDAN L. SHERAN, M.D.  
STEPHANIE W. LAU, M.D.  
ADRIENNE J. ADAMS, M.D.  
BARBARA HARTNETT, RNC, MS  
ASHLEY GIER, MSN, WHNP  
LAURA B. FRESE, MMS, PA-C

### Morning Sickness

Morning sickness is the nauseated, queasy feeling in your stomach which can sometimes lead to vomiting any time of the day or night, especially in the first trimester of pregnancy. For most women this seems to subside around the 12<sup>th</sup> week of pregnancy. The nausea is a result of the increased hormones in your body.

The following are safe and proved treatments for morning sickness. Still few women gain complete relief of morning sickness:

- Certain antihistamines like doxylamine or dimenhydrinate, taken as your doctor advises, may relieve morning sickness. If one of these antihistamines alone does not relieve your morning sickness, you can try taking it with vitamin B6.
- Ginger, taken regularly as a powder in a capsule, grated fresh into hot water for a tea, or in syrup or crystallized form, may relieve morning sickness after a few days of treatment.
- Vitamin B6 and B12, taken regularly as your doctor advises, can reduce nausea and vomiting.
- Acupressure, firmly placed on the P6 point (the inner side of your arm, in line with your middle finger and one-sixth of the way between your wrist and elbow), relieves nausea for some women. Try Sea Band purchased at the pharmacy or acupuncture.
- Preggie Pops

Follow these guidelines for minimizing nausea and vomiting during pregnancy:

- Keep food in your stomach but not too much. An empty stomach can make nausea worse. Eat several small meals every day instead of three large meals. Foods to try include bland foods, raw foods, ginger, lemons, peppermint tea, Preggie Pops, Jell-O or flavored popsicles.
- To prevent your stomach from getting too full, you should drink fluids a half hour before or after a meal, but not with your meals.
- For morning nausea, eat a small snack (like crackers) before you get out of bed. Allow a few minutes for the snack to digest, and then get out of bed slowly.
- Stay hydrated. Drink a lot of fluids. Try a sports hydration drink, as well as water, broth, lemonade or juice.
- Eat more protein, and avoid spicy, fatty, acid and greasy foods.
- Avoid smells and foods that make you feel nauseated. You may have to avoid cooking for the first trimester.
- Get lots of rest. Stress and fatigue can make morning sickness worse.

Please talk with your health care provider about any supplements and treatments for morning sickness. If morning sickness is so severe that you are constantly throwing up and not keeping anything down, consult

your provider about the possibility of having hyperemesis gravidarum which may require prescription medication or IV fluids.