

Nausea and Vomiting in Pregnancy

Nausea and vomiting are very common during pregnancy. Most of the time, symptoms begin around 5 or 6 weeks of pregnancy, peak at 9 weeks, and resolve by 13 weeks. Sometimes, nausea continues to 16-18 weeks, or occasionally persists throughout the pregnancy. Please call our office if the vomiting is severe or you feel dehydrated.

Recommendations:

Frequent small meals and snacks (at least every 2-3 hours) are the most important treatment, even if you don't feel hungry. A snack before getting out of bed, right before bed, or even in the middle of the night can decrease nausea in the morning. Complex carbohydrates and protein will help stabilize your blood sugar. Some examples are whole grain toast or crackers with nut butter or cheese, eggs, nuts and dried fruit, cereal and milk, avocados, beans and whole grains, fruit and yogurt, smoothie with yogurt and frozen berries or bananas.

Stay hydrated with frequent sips of water (try with ice or lemon), carbonated water, or herbal tea. Peppermint, lemon, orange, or ginger herbal tea can decrease nausea.

Take prenatal vitamins with food or try a chewable vitamin (with folate/folic acid and iron) if needed.

Avoid triggers: certain foods, odor sources (perfume, pet products, smoke, chemicals, coffee, aromatic food, gas stations, diapers), visual triggers (flickering lights, poor quality computer screens, videos), motion, and quick position changes.

Other Things to Try:

Seabands are elastic bands with a small button that you wear around your wrist. They relieve nausea by applying gentle pressure on an acupressure point. They are usually available in health food stores and pharmacies.

Ginger products like ginger tea, ginger ale, dried or candied ginger may help. Avoid ginger capsules as their safety in early pregnancy has not been well studied.

Vitamin B6 supplements reduce nausea for some women. Take 10 to 25 mg three to four times per day.

If you have heartburn as well as nausea, try an antacid like Calcium carbonate (*Tums*), magnesium hydroxide (*Mylanta*, *Maalox*) and acid reducers such as cimetidine (*Tagamet*), ranitidine (*Zantac*) and famotidine (*Pepcid*) may also be used.

Emetrol is an over-the-counter carbohydrate solution that often relieves nausea.

Lemon drops or mints

Dill pickles or other sour food

Carry a lemon in a resealable plastic bag to smell when nausea occurs.

Acupuncture or hypnosis

Mild exercise, especially outside.