



Nausea

Nausea in pregnancy, with or without vomiting, is known as morning sickness, but frequently occurs at other times of the day or evening. Since it is more apt to occur when the stomach is empty, nausea is usually worse in the morning. The cause of nausea and pregnancy is not known, although the rapidly rising hormone levels in early pregnancy are believed to be a factor. Fortunately, it usually only occurs during the first 3 months of pregnancy. There are numerous techniques to reduce nausea. Not all of them work for all women. Try any one, or all, or any combination, until you find what works best for you.

Remember: If you go 24 hours without retaining any food or liquid, you should contact your doctor immediately. If nausea, with or without vomiting, is interfering with your daily life, and the below measures are not helping, please call 763-587-7916.

1. Don't let your stomach get completely empty. This is a vicious cycle: you are not hungry because you are nauseated, but if you go too long without eating, the nausea can get worse. Small meals are tolerated better than larger ones. Plan out what you need to eat for the day to meet your minimum nutritional requirements. Then eat a few bites every hour or two, spacing the total amount of fluid out over the day. If you get up at night to go to the bathroom, eat a little.
2. Keep some crackers, dry toast, popcorn, or other dry carbohydrate food at your bedside and eat a little of it before you get out of bed in the morning.
3. Eat or drink something sweet (like fruit or fruit juice) before going to bed at night and before getting up in the morning.
4. Avoid spicy foods and foods with strong or offensive odors.
5. Avoid fats in your diet. These can be especially nauseating.
6. Some women discover a certain food that just doesn't agree with them during pregnancy. If you get extremely nauseated after eating any particular food, 2 or 3 times in a row, you may have to give it up for the duration of your pregnancy.
7. Suck on lemon drops, hard candy, or life savers throughout the day.
8. Peppermint tea settles the stomach and can relieve nausea.

9. Vitamin B6 can help relieve nausea if taken in large doses. Most prenatal vitamins contain only about 5 mg. Purchase vitamin B6 by itself and take 25 mg 3 times a day.
10. Unisom, an over-the-counter sleeping pill, has been found to be effective to decrease symptoms of morning sickness when taken with vitamin B6. One Unisom tablet with 25 mg of vitamin B6, taken once in the morning and again at bedtime is the usual dosage. Sleepiness can be a side effect. Therefore, you may want to try a half a tablet in the morning. The combination of Unisom and vitamin B6 is safe during pregnancy.