



## Morning Sickness Nausea and Vomiting of Early Pregnancy

Morning sickness is the nausea (upset stomach) and vomiting (throwing up) that happens during the first three months of pregnancy.

Though morning sickness is common, no one really knows what causes it. Changes in hormone and blood sugar levels during pregnancy may be one cause. For some women, stress may make it worse.

If you are experiencing morning sickness, try the comfort tips listed. To keep track of what works best, write down when you have nausea or vomiting, the comfort tips you try, and whether or not they help.

IT IS CALLED "MORNING SICKNESS"  
BECAUSE IT OFTEN OCCURS IN THE  
MORNING. IN REALITY, IT CAN HAPPEN  
ANYTIME, DAY OR NIGHT, AND OFTEN  
GOES AWAY AFTER THE THIRD  
MONTH OF PREGNANCY.



## Comfort Tips

- Avoid foods and smells that make you sick.
  - Drink liquids between meals.
  - Do not eat greasy, fatty fried, and spicy foods
  - Rest and take naps as much as possible.
  - Eat foods that you like.
  - Eat popsicles
- Try to eat something every 2 or 3 hours, even if you are not hungry.
  - Carry food with you when you leave the house.
  - Try high protein snacks like peanut butter, eggs, cheese, and meat.
  - Have a snack before you go to bed. You may need to eat a snack in the middle of the night.
  - Eat a few crackers or a slice of bread *before* getting out of bed. Wait a few minutes before getting up.
  - Go outside for fresh air as much as possible.
  - Do not smoke cigarettes. Ask people not to smoke around you.
  - Wear "Sea Bands" on your wrists. You can buy these at a drug store. Ask the pharmacist how to use them correctly.
  - Suck on hard candy (lemon drops, peppermint).
  - Take 250mg dried ginger root capsules (sold in natural food stores) 2 to 4 times a day. Also, try "ginger snaps" cookies or "ginger gum".

### MEDICATIONS FOR MORNING SICKNESS

If the comfort tips don't help or your symptoms are severe, try these medications. They are safe for you and your baby and work better than prescription drugs.

**Take 25mg of Vitamin B6** (pyridoxine) two or three times a day. Do NOT take more than this amount. Ask the pharmacist to be sure you choose the right vitamin. Do not take extra prenatal vitamins to get the extra B6.

**Take one tablet of doxylamine** (Unisom SleepTabs® NOT Unisom SleepGel®) before bed (it will make you sleepy) with vitamin B6. You can take another half of a tablet during the day if needed. This pill works best when you take it with vitamin B6. Look for store brands.

## When Should I Call My Doctor or Nurse?

Vomiting all day without keeping any fluids in your stomach is serious because it can make you dehydrated. Call your doctor or nurse if you vomit more than 3 or 4 times a day and you:

- Cannot keep any fluid in your stomach
- Lose weight
- Are urinating less than usual
- Feel very thirsty
- Feel dizzy or confused