

WOMEN'S HEALTHCARE THROUGH THE LIFE SPAN

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NAUSEA IN PREGNANCY

Nausea in pregnancy is very common. It may occur throughout the day not just in the morning. Nausea may begin as soon as 4 weeks and last up to 20 weeks gestation. There are many theories as to the cause of nausea in pregnancy and it is associated with hormonal changes that occur during pregnancy. The following hints may help you cope with this discomfort in pregnancy.

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| Before you go to bed: | Be sure to have plenty of fresh air in the room where you sleep. The odor of soiled clothes and other household odors may upset your stomach. |
| Before you get out of bed: | Place some dry cereal (Total or Special K), crackers, dry toast by your bedside to eat in the morning. |
| When you get up: | Get up slowly over a few minutes and avoid sudden movements. Eat some more dry bread, cereal or crackers before eating breakfast. |
| When you cook: | Open windows or have a fan blowing to rid kitchen of odors. |
| Meals: | Eat 6-7 small meals a day instead of 3 large ones. Also eat protein every time you eat (protein shake, dairy, peanut butter, kidney, black or garbanzo beans, eggs, nuts, etc.) |
| Foods/activities to avoid: | Fats, fried foods, fatty meats, gravy, butter, oils, mayonnaise, salad dressing and pastries, etc. High sugar. Soft cheeses. Some fish. Stop smoking. |
| Foods to include: | Breakfast drinks, fruit, turkey, tuna (you can have 4-5 oz /week), ham, sliced beef, fish (not too much shell fish, halibut in small amounts, check with health dept., salmon). Water, milk, protein drinks, sometimes carbonation and sweet drinks help etc. |

Vitamins: Prenatal vitamins may make you nauseated the first trimester so you may either take a chewable one, not take them until the 2nd trimester or take them at night. Be careful not to take vitamin A. You may take vitamin B 6 50 mg three times a day and ½ tablet of unisom at night will help.

Exercise/rest: This will help decrease nausea. Walk or swim 10-15 minutes a day. Allow for periods of rest during the day and pace yourself.

Other: Peppermint tea, candies or aroma therapy. Sea band that is worn around the wrist and uses acupressure. Ginger tea with lemon. Eat anything that you will keep down. Involve your family in this part as well.

Medications: Over the counter (antacids, laxatives) and prescription medications are appropriate to use. Please call the office to make an appointment to be seen or for a prescription if the above measures are not helping.

If your symptoms don't improve with the above hints and helps please call our office before you get worse. Occasionally nausea can become serious enough to cause dehydration and chemical imbalances. Call if you experience the following symptoms:

- Decreased urine output
- Can't keep anything down for 24 hours
- Feel dizzy or faint when stand up
- Vomiting blood
- Losing weight quickly

You will soon get over this part of pregnancy and be able to enjoy the rest of it.