

# Morning Sickness

Morning sickness (nausea or vomiting) is common during pregnancy and can happen at any time of day. It happens most often in early pregnancy and usually goes away by the 4<sup>th</sup> month of pregnancy.

## What can I do to feel better?



### Food

- Eat plain dry crackers before you get out of bed in the morning.
- Eat small amounts of food every 2 to 3 hours. Do not skip meals. Avoid an empty stomach as it can make you feel worse.
- Eat a snack before you go to bed.
- Stay away from spicy food and foods that have a lot of grease or fat.
- Try different foods and drinks to see what makes you feel better.
  - Plain, bland foods like bread, rice, toast, herbal tea, bananas, noodles
  - Warm foods like soup
  - Broth based soups
  - Lemon or ginger (ginger ale made with real ginger, ginger tea, ginger candies, or ginger capsules 250 milligrams 4 times a day)
- Avoid foods and strong smells that bother you. Cold foods often have less smell.
- Try chewing gum or sucking on sour Life-Savers®, peppermint candy, or hard candy.



### Fluids

- During pregnancy, your body needs more fluids. Sip on fluids throughout the day. Do not gulp large amounts at once.
- If you have sickness in the morning, try to wait 1 hour after waking up before drinking fluids.
- Do not drink at the same time you eat. Drink an hour before or 30 minutes after eating.



### Medicines

Talk to your doctor or midwife if you want to consider any medicine options.

- You can try Vitamin B6 25 milligrams (mg) 3 times a day.
- Try taking Vitamin B6 25 mg and Unisom® (doxylamine) 12.5 mg together at night.
- Try taking your prenatal vitamins at night or switching to only folic acid supplements.
- If these do not help, call your doctor or midwife for prescription options.



### Other

- Change positions slowly when you get up in the morning and when you move throughout the day. Moving too fast may be a trigger for nausea.
- Avoid a lot of heat or moisture in the air. Avoid stuffy rooms. Try to get a lot of fresh air.
- Brush your teeth often. This can help to get a bad taste out of your mouth.
- Try wearing acupressure wrist bands, such as Sea Bands®.

## When should I call my doctor or midwife?

Call your doctor or midwife if you:

- Cannot keep anything in your stomach for 24 straight hours.
- Have dark urine, less frequent urination, or cannot urinate.
- Have bloody vomit.
- Have stomach pain, pelvic pain, or cramping.
- Lose more than 5 pounds (about 2.3 kg).
- Feel dizzy or pass out.