

Nausea and Vomiting in Pregnancy

Nausea typically begins at about 5 to 6 weeks of pregnancy and peaks about 11 weeks, resolving by 14 weeks for about half of people who experience it and by 22 weeks for 90%. Please talk to your midwives if you experience persistent or severe nausea. Any combination of the following comfort measures can be used to find the most effective relief for you:

- **Adjust eating habits:**
 - Eat small, frequent meals, as often as every 2 hours, because nausea is more common on an empty or overly full stomach. The more often you eat, the more chances you have to keep at least a little something down. Eat what sounds good to you and try cold foods if smells bother you.
 - Make sure each meal or snack contains a source of protein to keep blood sugar stable.
 - Eat a protein-rich snack at bedtime and keep protein snacks by the bed to eat when you awaken during the night to keep blood sugar stable and help prevent morning nausea.
 - Eat dry crackers, potato chips, lemon drops, ginger cookies or toast before getting up in the morning.
 - Do not brush your teeth immediately after getting up in the morning or right after eating to avoid stimulating the gag reflex at these susceptible times.
 - Suck on lemon drops or sip lemonade throughout the day or when nauseated.
 - Avoid food with strong or offensive flavors or slimy and overly chewy textures.
 - Limit fat in your diet as it takes longer to digest.
- **Other behaviors**
 - Try acupressure wrist bands, like Sea-Bands, at P6 acupressure point per package instructions - available at pharmacies, Wal-Mart, Target, etc.
 - Rest! Nap daily or at least lie down whenever possible.
 - Stop prenatal vitamins until nausea resolves and just take folic acid 400mg by mouth daily.
- **Ginger**
 - Ginger capsules 250mg by mouth 4 times a day or 8 ounces of ginger tea 4 times a day.
 - Drink carbonated beverages, especially ginger ale that contains real ginger (like Canada Dry). Try keeping an unopened can by the bed to drink warm before getting up in the morning.
- **Over the Counter Medication**
 - ***For mild nausea without vomiting:*** Vitamin B6 (pyridoxine) 25mg by mouth 3 times a day.
 - ***For moderate nausea with mild vomiting*** (≤ 2 times a day) or if no relief from Vitamin B6 alone: ADD Unisom (doxylamine) 12.5mg (1/2 tablet) by mouth at bedtime and continue Vitamin B6 (pyridoxine) 25mg by mouth 3 times a day.
 - ***If no relief after 4-5 days:*** try Unisom (doxylamine) 25mg by mouth at bedtime and 12.5mg (1/2 tablet) in the morning and in the midafternoon PLUS Vitamin B6 (pyridoxine) 25mg three times a day. ***May also increase*** Vitamin B6 to 50mg at bedtime with 25mg in morning and midafternoon if needed.
 - ***Unisom can cause drowsiness.*** Start with bedtime dose for 4-5 days first to decrease drowsiness then add as needed and as tolerated in morning and afternoon.
 - ***NOTE:*** Bedtime dose helps with morning nausea, morning dose helps with afternoon nausea, and afternoon dose helps with evening nausea so adjust times for your particular needs.