Morning Sickness

Nausea and vomiting (morning sickness) can be one of the first signs of pregnancy and usually begins around the 6th week of pregnancy. Usually it is worst during the first 3 months of pregnancy. It often occurs in the morning, but can be a problem any time of day. While it is unpleasant, it is usually harmless unless you develop severe vomiting. If you have severe and continual vomiting and cannot keep your food down, you may have hyperemesis gravidarum. The following suggestions will usually help reduce symptoms of morning sickness.

CAUSES

Morning sickness is caused by the hormone changes that take place in your body during early pregnancy.

TREATMENT

- Vitamin B6, 25mg every eight hours or Vitamin B6 shots.
- An antihistamine, doxylamine, 10mg every eight hours.
- The herbal medication ginger appears to help in most cases.

HOME CARE INSTRUCTIONS

- Taking multivitamins before getting pregnant can prevent or decrease the severity of morning sickness in most women.
- Eat a piece of dry toast or unsalted crackers before getting out of bed in the morning.
- Eat 5 or 6 small meals a day.
- Eat dry and bland foods (rice, baked potato).
- **Do not** drink liquids with your meals drink liquids between meals.
- Avoid greasy, fatty and spicy foods.
- Get someone to cook for you if the smell of any food causes nausea and vomiting.
- Avoid vitamin pills with iron because iron can cause nausea.
- Snack on protein foods between meals if you are hungry.
- Eat unsweetened gelatins for deserts.
- Wearing an acupressure wristband (worn for sea sickness) may be helpful.
- Acupuncture may be helpful.
- **Do not** smoke.
- Get a humidifier to keep the air in your house free of odors.

SEEK MEDICAL CARE IF:

- Your home remedies are not working and you need medication.
- You feel dizzy or light headed.
- You are losing weight.
- You need help with your diet.

SEEK IMMEDIATE MEDICAL CARE IF YOU:

- You have persistent and uncontrolled nausea and vomiting.
- You throw up blood.
- You pass out.
- You have abdominal pain and/or headache associated with your morning sickness.
- Develop an oral temperature above 102º F (38.9º C) lasting for 2 days or longer, not controlled by medication.

MAKE SURE YOU:

- Understand these instructions.

- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 02/08/2008 Document Re-Released: 03/16/2010
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