Nausea and Vomiting During Pregnancy
(Morning Sickness)

It is very common for pregnant women to feel sick to their stomach, especially during the **first 4 - 12 weeks**. You may or may not throw up. While this is called **"morning sickness**," it can happen at any time of the day. Morning sickness will not hurt you or your baby. It usually goes away by the fourth month (16th week) of your pregnancy.

HOME CARE

To stop or lessen nausea, try these things:

- Stay away from things that smell bad to you.
- **Do not** get too hungry or too full.
- **Do not** eat foods that are:
  - Hard to digest, like very spicy foods.
  - High in sugar, like candy bars or donuts.
  - High in fat, like potato chips, fried foods, or greasy foods.
- **Before** you get out of bed in the morning, eat some crackers or dry toast (no butter). Rest in bed for 30 minutes.
- A diet of water, tea, broth, lemon lime soft drinks, gelatin, frozen ice pops or ice chips only may be helpful in the morning or during nausea spells.
- Eat 5 to 6 **small** meals a day instead of 3 large meals.
- Take your ordered vitamins at a time of day when your stomach feels best. You need 600 mcg of folic acid to keep your baby healthy.
- **Tell** your doctor if you are still vomiting after 4 months of pregnancy.

DO NOT take ANY pills or medicine besides your ordered vitamins. Always ask your doctor first.

GET HELP RIGHT AWAY IF:

- You cannot keep any food or liquids down.
- You have a temperature by mouth above 102°F (38.9°C).

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