

Nausea & Vomiting

Nausea can be a normal symptom in pregnancy, and is most often related to increases in hormones, such as HCG. The following guidelines can help to keep you and your baby nourished and hydrated, until nausea/vomiting subsides. Most nausea decreases considerably after the first trimester (after 12 weeks). If into your second trimester, you remain unable to keep any fluids in your stomach for more than 48 hours, please call our office.

DIETARY GUIDELINES

1. Eat smaller, more frequent meals every 2 hours
2. Keep crackers next to the bedside and have one or two before getting out of bed in the morning.
3. Avoid drinking fluids with your meals, as your stomach fills more quickly. Instead, try sipping fluids in between meals.
4. Low fat foods are easier to digest (low fat milk, lean meat, broiled or canned fish, and poultry without skin).
5. Eat carbohydrates that are easy to digest like rice, pasta, potatoes, cereals, crackers and ginger snaps.
6. Avoid highly seasoned foods
7. Avoid foods that are gas-producing such as cabbage, broccoli, onions, sweet potatoes, buttermilk, or beans.
8. Eat a snack high in protein before going to bed
9. Peppermint tea, ginger tea, Gatorade, 7-Up or ginger ale tend to be soothing

GENERAL RECOMMENDATIONS

1. Get plenty of fresh air
2. Rise from bed slowly each morning, giving yourself time to adjust before starting your day
3. Wear comfortable, non-restricting clothing
4. Get plenty of rest
5. Heating pads or hot water bottles are helpful in soothing sore abdominal muscles
6. Stay hydrated!