

# GENERATIONS

OB + GYN

## NAUSEA & VOMITING IN PREGNANCY

50%-90% of pregnancy women will experience some nausea and vomiting. It most often occurs between 5 and 15 wks of pregnancy but can extend (rarely) throughout the pregnancy. If the condition causes inability to consume fluids/foods or excessive vomiting and weight loss, hospitalization may be required. Below are some suggestions to help relieve symptoms:

### DIET SUGGESTIONS:

- Eat small, frequent meal/snacks – every 1½ to 2 hrs. Avoiding food and fluid may actually cause symptoms to worsen. Intervals of more than 2 hrs can often cause more nausea. Eat a small snack when getting up to the bathroom at night and before getting out of bed in the morning
- Protein snacks help to keep blood sugar more stable – adding peanut/almond butter to crackers, small bites of protein bars, pieces of cheese or small bites of yogurt may be helpful. Always carry protein snacks with you – in your purse, car, desk, and work
- Avoid foods with strong odors, flavors, and offensive textures
- Ginger containing foods (lollipops, chews, ginger tea) may provide some relief
- Drink fluids at least 30 mins before or after solid food – overfilling the stomach may worsen symptoms
- Carbonated drinks, especially those containing ginger (Ginger Ale), along with popsicles, Gatorade frozen in ice cube trays, water flavored with lemon or orange slices maybe helpful
- A smaller toothbrush (kid's size) may help to reduce the gag reflex when brushing teeth. Rinsing your mouth with a mint mouthwash may be helpful
- Suck on mints, lemon drops, ginger chews throughout the day or when nauseated
- Take your prenatal vitamin with a snack before going to bed

### NON-MEDICATION SUGGESTIONS:

- Acupressure wrist bands (SeaBands or Relief Bands) – available at pharmacies or online
- Hypnosis and psychotherapy have been reported to be helpful
- Avoid triggers such as stuffy rooms, perfumes, food odors, smoke, visual or physical motion, stomach irritants (coffee and iron supplements)
- Lying down soon after eating may cause nausea to worsen

### MEDICATIONS:

- Ginger capsules 250mg by mouth 4 times daily has been shown to help with nausea
- **For nausea without vomiting**, Vitamin B6 (pyridoxine) 25mg orally 3 times daily (available on-line at Amazon and some pharmacies)
- Vitamin B6 is also available as lollipop or lozenge under the brand name “B-natal”
- **For nausea with vomiting**, and no relief from Vitamin B6 alone, ADD Unisom (Doxylamine) 12.5mg, ½ tab, at bedtime and continue Vitamin B6 25mg 3 times daily
- **If no relief in 2-3 days**, Increase Unisom to 25mg at night (full tablet) and take 12.5mg, ½ tablet in the morning and in the afternoon (as needed) along with continuing Vitamin B6 25mg 3 times daily
- There are prescription medications that may be used, but insurance may or may not cover them.

IF YOU ARE STILL EXPERIENCING SIGNIFICANT NAUSEA,  
VOMITING OR ARE UNABLE TO KEEP FOODS AND FLUIDS  
DOWN, YOU SHOULD CALL OUR OFFICE FOR AN EVALUATION

