

Treatments for Nausea and Vomiting in Pregnancy

Nausea and vomiting affects about 70% of pregnant women. While you may have heard it called morning sickness, it can happen any time of the day. It is most common during the first three months of pregnancy, but for some women it can last longer, while others may not experience it at all.

- Instead of eating 3 large meals, try to eat 5-6 small meals a day. Try bland foods like plain crackers, toast, dry breakfast cereal, rice, baked potato, plain broth. Keep a few crackers next to your bed and eat a couple before getting up to settle your stomach. Bring snacks with you when leaving home.
- Drink plenty of fluids to stay hydrated. You can also get your fluids by ice pops, soups, water ice, and Jello. Keeping liquids separate from solids may be helpful. Carbonated drinks may also be settling.
- Ginger is a natural treatment for nausea. Ginger capsules/Ginger ale/Gingersnaps/ Ginger tea. Peppermint can also be used.
- Try taking your prenatal vitamin with a snack.
- Some over the counter medications are also safe. The first line treatment is Vitamin B6 25mg three times daily and Unisom 25mg twice daily. Unisom is also a sleeping aid, so some prefer to skip the morning dose or take half a dose (12.5mg) to prevent daytime drowsiness. If this is not enough, then please discuss it at your next prenatal appointment. Sometimes prescription medications such as Reglan or Zofran are needed.

- Acupressure wristbands (sea bands).
- Avoid strong smells, such as cologne and strong food odors.

PLEASE NOTE: If your symptoms become severe and you are unable to keep fluids down without vomiting for more than 12 hours, you have lost 10 or more pounds, or you are showing signs of dehydration (dark-colored urine, minimal urine production or dizziness with standing), please contact the office at (267) 946-5200.