

8-10 Weeks – Nausea and Vomiting

1200 N University Drive Plantation, FL 33322

Tel: 954-791-3090



Overview

Morning sickness can be the toughest part of early pregnancy. Some people feel mildly sick to their stomach, and others are running to the bathroom. The good news? Morning sickness usually gets better in the second trimester.

It's likely that your hormones are to blame for morning sickness. But you can do things to feel better, like changing what you eat, avoiding certain foods and smells, and asking your doctor about medicines you can try.

BEST EARLY TIPS TO REDUCE NAUSEA? Drink lots of water, small snacks, ginger-ale and Vitamin B6 (you can buy that over the counter!)

How can you care for yourself at home?

- Keep food in your stomach, but not too much at once. Your nausea may be worse if your stomach is empty. Eat five or six small meals a day instead of three large meals.
- For morning nausea, eat a small snack, such as a couple of crackers or dry biscuits, before rising. Allow a few minutes for your stomach to settle before you get out of bed slowly.
- Drink plenty of fluids. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink. Some women find that peppermint tea helps with nausea.
- Eat more protein, such as chicken, fish, lean meat, beans, nuts, and seeds.
- Eat carbohydrate foods, such as potatoes, whole-grain cereals, rice, and pasta.
- **Avoid smells and foods that make you feel nauseated. Spicy or high-fat foods, citrus juice, milk, coffee, and tea with caffeine often make nausea worse.**

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- Do not drink alcohol.
- Do not smoke. Try not to be around others who smoke. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- If you are taking iron supplements, ask your doctor if they are necessary. Iron can make nausea worse.
- Get lots of rest. Stress and fatigue can make your morning sickness worse.
- Ask your doctor about taking prescription medicine, or over-the-counter products such as vitamin B6, doxylamine, or ginger, to relieve your symptoms. Your doctor can tell you the doses that are safe for you.
- Take your prenatal vitamins at night on a full stomach.

Call your doctor or seek immediate medical care if:

- You are sick to your stomach or cannot drink fluids and throw up 4x daily or more often than that! **We can give medications to take at home to ease your symptoms!!!**
- You have symptoms of dehydration, such as:
 - Dry eyes and a dry mouth.
 - Passing only a little urine.
 - Feeling thirstier than usual.
- You are not able to keep down your medicine.
- You have pain in your belly or pelvis.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.