

## **Morning Sickness**

**Nausea and vomiting are common symptoms of pregnancy.** These symptoms are present in 33-80% of pregnancies, and can begin soon after conception. Nausea and vomiting are generally not harmful to the fetus, and there is some evidence that these symptoms are found if the pregnancy hormone is at a healthy level.

**We have included steps that can help you to manage your symptoms.** If you experience vomiting on a prolonged basis and are unable to keep fluids down for 8 hours or greater, please call our office, or go to the hospital. If you are dehydrated you may need IV fluids.

**The most important step is to try to consume fluids.** Start by taking in very small amounts of fluids at a time. For instance: drink 1 ounce of fluid (such as water, Gatorade, Sprite, etc.) every 15 minutes. When you tolerate this well, try to increase the amount of fluid consumed each time. Another source for fluids is popsicles.

**Certain stimuli make nausea and vomiting worse.** Odors such as tobacco, coffee, gasoline, perfumes, and ashes can provide nausea. It can be helpful to control your environment in these instances.

**Getting adequate B vitamins prior to and during pregnancy may help.** Taking your prenatal vitamins will provide adequate amounts of B vitamins however; the iron in your prenatal vitamins may increase your symptoms. Please discuss this with your physician if you are having difficulty with your vitamins.

**Try eating small frequent meals throughout the day.** Eat at least every two hours when you are experiencing nausea difficulties. Generally cold prepared foods will be better tolerated vs. hot foods. Avoid high fat or spicy foods that can increase your symptoms. Foods with Ginger in them sometimes help to settle the stomach. Examples of some small snacks to try are – half of a turkey sandwich, peanut butter or cheese with crackers, toast, and other bland high carbohydrate foods.