



Women's Care

NAUSEA AND VOMITING DURING PREGNANCY

Nausea and vomiting are common symptoms during pregnancy. The cause is unclear but is likely due to increased levels of hormones. Some patients have minimal symptoms, but occasionally patients are hospitalized because of dehydration. It is usually present during the first trimester and improves during the second trimester, though some patients have problems throughout their pregnancy. It is also common to have changes in appetite (become more or less hungry) and to have unusual cravings. The best advice is to go with the cravings. If you are struggling with your appetite just do your best to eat a reasonable diet.

Here are some simple things to help with nausea and vomiting:

- Drink plenty of water – drink bottled water or add lemon if plain water doesn't taste good
- Eat frequent, small high-protein snacks
- Have a snack first thing in the morning and before going to bed
- Avoid anything that makes nausea worse (for example – certain odors, riding in the back seat of car, food that does not taste good)
- Give yourself extra time in the morning when getting ready to go to work or go out
- Be careful brushing your teeth – switch to a mild toothpaste
- Take a nap, if possible
- Wear *Sea-bands* – accupressure bracelets worn on the wrists – available over-the-counter at the pharmacy
- Drink Ginger tea or take ginger capsules, 250 mg, 3 times daily
- Take vitamin B6, 25 mg three times daily

Occasionally the above methods do not give enough relief. Safe medications that may be prescribed by your physician include the following:

- Unisom-12.5 mg three to four times daily (may cause sleepiness) -TAKE WITH VITAMIN B6 FOR INCREASED BENEFIT (25 mg three times daily)

The following medications may be added to Unisom and vitamin B6 if you continue to have difficulty.

- Reglan, 10 mg before meals and at bedtime
- Phenergan, 25 mg tablets or suppositories used every 6 hours
- Zofran tablets or ODT tablets(dissolve on your tongue, taken every 6 to 8 hours (expensive but works well)
- Compazine, 10 mg tablets taken every 6 hours

Occasional nausea and vomiting is common and not likely to harm your baby. The baby is able to get adequate nutrition from your system. However, severe symptoms that interfere with your daily life may need to be treated, as severe nausea and vomiting can be harmful to you and the developing baby. Signs of severe nausea and vomiting include not being able to drink liquids without throwing up for several hours, vomiting blood, or losing weight. **THERE IS NO NEED TO SUFFER DURING YOUR PREGNANCY.** Contact your physician if you are having problems with nausea and vomiting.

**Thanks for choosing Hutch Clinic Women's Care to help welcome your new baby.
For appointments, call 620-669-2578.**