

What to do About Morning Sickness

CARE INSTRUCTIONS

Many women feel sick to their stomach or even throw up during the first few months of pregnancy. This kind of nausea or vomiting are often called morning sickness. Morning sickness can happen at any time of day. It is a normal result of your body trying to adjust to the pregnancy hormones. Morning sickness usually stops after the first 3 to 4 months of pregnancy. The following home remedies can help:

Drink fluids

- Sip small amounts of water, apple juice, grape juice, lemonade, or caffeine-free sodas such as Ginger ale. Mineral water or ginger tea are other good choices.
- If drinking fluids when you eat your meals gives you a stomachache, try drinking between meals instead.
- Try eating fruits with high water content, like melons, oranges, or grapefruits.

Eat small meals

- Eat 5 or 6 small meals each day. Try to eat something healthy like string cheese, crackers, yogurt, or fruit juice every 2 to 3 hours, even if you don't feel hungry. If you don't eat, nausea usually gets worse.
- Eat soda or saltine crackers or dry toast in bed in the morning before getting up and before you go to sleep at night.
- Don't eat foods that are greasy or fried, or foods with a lot of spices. Also, stay away from coffee, cigarettes, and alcohol.
- Try items that contain ginger. Some women find ginger supplements helpful. Candied ginger and gingersnap cookies are other things to nibble on.

Open windows

- Keep a window open and get plenty of fresh air.
- Use an exhaust fan to get rid of cooking odors. Certain food smells can make you feel sick. Your triggers might be foods with strong odors or something very ordinary that you normally like

Other suggestions

- Try wristbands that press on your wrist to reduce nausea. (Wristbands are available at most drug stores.)
- Some prenatal vitamins can trigger morning sickness or make it worse. But they are important for the health of your growing baby. You need to take folic acid. Try taking prenatal vitamins with food. Do not stop taking prenatal vitamins unless your doctor tells you that it's ok to do so.
- Try vitamin B6 (25 milligrams every 8 hours or as needed, up to 75 milligrams a day). This vitamin is safe for your baby and available in most drug stores without a prescription.

Call your doctor or nurse practitioner if you have vomiting that is:

- Severe (with pain or fever).
- Frequent (more than 2 to 3 times a day).
- Lasts more than an hour.

Other Resources

Use these Kaiser Permanente resources for reliable health information:

- ❖ Connect to our Web site at kp.org to access health and drug encyclopedias, interactive programs, health classes, and much more.
- ❖ Check your *Kaiser Permanente Healthwise Handbook*.
- ❖ Contact your local Kaiser Permanente Health Education Center or Department for health information, programs, or other resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used. Herbs and supplements are sold over-the-counter. Kaiser Permanente carries only herb categories for which some evidence exists to show that the herbs may be effective to treat certain medical conditions.