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## Nausea and Vomiting During Pregnancy

Half of all women experience at least some nausea and vomiting during the early months of pregnancy. 30% of women will have nausea severe enough to impact their daily lives. The nausea tends to be at its worst at weeks 8-10. For most women it has gone away by weeks 12-16. It is called "morning sickness" but it can occur all day long.

We don't know for sure what causes the nausea in pregnancy. The changes in hormone levels definitely play a role. A history of motion sickness seems to play a role. And women whose mothers had morning sickness seem to be more prone to having it too.

Many women worry that it is dangerous for them or their babies. Mild to moderate nausea and vomiting make you feel awful, but it will not hurt you or your baby. Severe nausea that prevents you from keeping any food or fluids down, especially if it lasts for days on end is rare but can cause health problems. You should call if any of the following apply to you:

- You are not able to keep food or fluids down for 24 hours
- You are vomiting several times a day or after every meal
- You have abdominal pain, difficulty urinating or you have fever

There are several treatment options.

- 1)** Simple diet changes are all many women need. Avoid spicy, strong smelling or fatty foods. Limit dairy. Eat small frequent meals so that you avoid hunger as this can quickly lead to nausea. Try keeping dry crackers handy to snack on first thing in the morning and any time you feel nauseated.
- 2)** You can try taking ginger. There are candies and drinks with ginger in them. You can drink ginger root tea. Eat ginger snaps. There are also capsules with ground ginger in them you can take (250mg taken 4 times a day).
- 3)** Mint candies or smelling mint oil OR lemon candies or smelling lemon oil can soothe nausea for some.
- 4)** Increased vitamin B6 can help. Some women find taking a vitamin B6 supplement with half of a Unisom tablet helps.
- 5)** Stay well hydrated
- 6)** Acupressure or seabands that you wear on your wrists
- 7)** If your prenatal vitamin is making the nausea worse talk with your provider.
- 8)** Finally, if the nausea and vomiting are making it hard for you to function, there are prescribed medications that can help.