

NAUSEA & VOMITING IN PREGNANCY

(Morning Sickness During Pregnancy)

Information From Your Health Care Provider



BASIC INFORMATION

DESCRIPTION

50% to 80% of pregnant women suffer from nausea and vomiting in pregnancy. The symptoms often occur in the morning (from 6 to 9 AM), but they may occur at any time during the day.

FREQUENT SIGNS & SYMPTOMS

- Mild to severe nausea with or without vomiting.
- It usually occurs during the first 12 to 14 weeks of pregnancy.
- It may continue longer, and for some women, last throughout pregnancy.
- By the end of the third month, most women stop having most of the symptoms.

CAUSES

Exact causes of nausea and vomiting during pregnancy are unknown. The hormonal changes due to pregnancy are thought to play a role.

RISK INCREASES WITH

Being pregnant with twins, triplets, or more.

PREVENTIVE MEASURES

Do not let your stomach get empty; eat something every 2 hours if needed.

EXPECTED OUTCOMES

Morning sickness usually stops after the first 3 to 4 months of pregnancy. Your baby's well-being is not affected as long as you're able to keep food down, eat a well-balanced diet, and drink plenty of fluids.

POSSIBLE COMPLICATIONS

Hyperemesis gravidarum. This is a rare condition of pregnancy that involves severe nausea, vomiting, dehydration, and weight loss.



DIAGNOSIS & TREATMENT

GENERAL MEASURES

- Usually self diagnosis and self-care are all that are needed. Talk to your obstetric provider if the symptoms are a concern.
- Try to identify any odors or foods that are most upsetting, and avoid them. Many pregnant women figure out what they can and cannot eat, and how many times they need to eat during the day.
- Keep rooms well aired out to rid your home of cooking smells or other odors.

- Don't smoke. Ask your family and friends not to smoke while you are suffering from morning sickness.
- Try to keep a positive attitude. If you have problems that you cannot resolve, ask for help from family, friends, or counselors.
- Keep a daily record of your weight.
- Ask your obstetric provider about using products that a woman can wear on her wrist to reduce symptoms.
- Acupuncture may be a helpful option for some women.

MEDICATION

- Drugs are not usually prescribed for this disorder. If the symptoms are severe, your obstetric provider may prescribe certain drugs for the nausea.
- Nonprescription remedies (oral drugs or rectal suppositories) may ease the problem. Don't take or use any of these products without medical advice.
- A trial of vitamin B6 may be recommended, which appears safe at the present.
- If taking your pregnancy vitamin pill causes nausea, try taking it at night or take it with a snack or chew gum or suck hard candy right after you take it. If these ideas aren't helping with the nausea, ask your obstetric provider for advice.

ACTIVITY

No limits. Resting in a dark and quiet room provides some relief for most patients.

DIET

- The following may help lessen the nausea:
 - At night, place a small, quick-energy snack, such as soda crackers, at your bedside. Eat it before getting up.
 - Eat a small snack at bedtime and when you get up to go to the bathroom during the night.
 - Eat a snack every hour or two during the day. Avoid large meals.
 - Drink ginger ale or ginger tea.



NOTIFY OUR OFFICE IF

- You have morning sickness that does not improve, despite the self-help measures.
- You vomit blood or material that resembles coffee grounds.
- Abdominal pain, cramping, or fever occurs.
- You lose more than 1 or 2 pounds.

Special notes:

More notes on the back of this page ☐