

Nausea and Vomiting in Pregnancy

Difficulty with nausea and vomiting is usually mild and limited to early pregnancy. Commonly called “morning sickness”, the experience of nausea and vomiting often occurs upon arising, yet it can occur anytime throughout the day or night. The problem is common, although the triggers vary among women. Triggers may be specific foods or odors.

Avoidance of triggers can become an important part of your management of nausea and vomiting, as well as simple modifications that may relieve your discomfort.

Modify your eating habits. Begin by eating five or six meals a day of easily digested carbohydrates. As your tolerance improves, include lean protein in each of these meals. Avoid an empty stomach.

Increase your intake of vitamin B6, Pyridoxine. Eating foods high in vitamin B6 such as whole grains, wheat germ, corn, cereals, nuts, seeds, and legumes naturally increases levels of B6. Also, if needed, we can prescribe Premesis Rx, a supplement which contains a sustained release Vitamin B6.

Place food at your bedside at night or have food brought to you in the morning. Eating crackers or toast before getting out of bed may be helpful.

Stay hydrated. A good strategy is to sip fluids throughout the day, drinking mostly between meals. Don't drink so much at one time that your stomach feels full. If you like, add a small amount of lemon juice to your water. Aim to drink about a quart and a half each day.

Some women are helped by Sea-Bands, two elastic bands that are worn on the wrists and use acupressure to suppress nausea caused by motion sickness. The bands are worn continually, day and night. Sea-Bands are available without a prescription, for a nominal cost, at many pharmacies.

In addition, Emetrol and Dramamine are over-the-counter antiemetics that may provide relief. There are prescription antiemetics that we can offer you, as well.

If these measures have been ineffective in controlling your nausea and vomiting, please call our office for further advice.