



## EAST CASCADE WOMEN'S GROUP

### **NAUSEA AND VOMITING IN PREGNANCY**

*Diet changes are the initial treatment for nausea and vomiting in pregnancy. Try:*

- Small meals or snacks eaten slowly to avoid feeling hungry
- Eat before feeling hungry to avoid empty stomach which aggravates nausea.
- Avoid drinking fluids on an empty stomach
- A snack before getting out of bed in morning can be helpful.
- Protein-based meals/snacks decreases nausea.
- Try BRAT diet: Bananas, Rice, Applesauce and Toast when reintroducing food after period of nausea and vomiting.
- Eliminate coffee and spicy, odorous, high fat, acidic, and very sweet foods.
- Fluids are tolerated if cold, clear, and carbonated or sour
- Drinking peppermint tea or sucking peppermint or sour candies can reduce nausea after eating.
- Ginger may help- recommended dose is 250 mg four times daily or try ginger chews, tea or candy (pregnancy pops).
- Broth (vegetable or chicken or beef broth) eaten slowly by the spoonful.
- Lemonade or coke slushy: Pour lemonade or coke into a glass and place in the freezer until slushy (not frozen). Eat by the spoonful slowly.
- Acupuncture is an alternative treatment proven to help with nausea and vomiting- ask for recommendations on an acupuncturist. May also try acupressure wrist bands (sea bands) that are used for motion sickness.

#### *First Line Medication Treatment of Nausea and Vomiting in Pregnancy*

- Over the counter medications Vitamin B6 (Pyridoxine) and Doxylamine (Unisom) can be used for nausea and vomiting. Take 25-50mg of each, three times a day as needed.
- Your provider may prescribe Diclegis or Bonjesta which are prescription forms of these combined medications. Many insurance plans will not pay for these however, so check before picking this.

*If symptoms persist after 4 days, call our office for additional provider recommendations.*