



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 Vitamin B6, three times a day and unisom 12.5-25mg nightly 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.