

## Coping with Nausea

Nausea, with or without vomiting, is known as morning sickness- however it can occur any time of the day or night. As nausea tends to occur when the stomach is empty, it is often worse in the morning. Though the cause of morning sickness is unknown, it is believed to be the result of the rapidly rising hormone levels in early pregnancy. Most morning sickness will last throughout the first trimester of pregnancy- sometimes less, sometimes more. There are many things that can help a woman experiencing morning sickness, however not all will help for everyone. Try them all until you find one that works for you.

### Ideas to Help You Feel Better!

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- Get plenty of fresh air. Open windows, use fans. Take a brisk walk outdoors.
- Get up slowly in the morning. Keep some crackers, fruit or fruit juice near your bed and take a few bites before getting up.
- Drink fluids at least one hour before or after mealtime.
- Sip small amounts of liquid as often as you can.
- Add water to juices, or make broth or noodle soups.
- Try Snack foods like nuts, string cheese, crackers, dried fruits, trail mix, sandwiches, fruit juices and hard lemon candies.
- Eat small amounts every two or three hours, day or night-even if you're not hungry.
- Have a snack at bedtime that contains a protein food such as egg, cheese, meat, peanut butter or yogurt.
- Listen to your body's cravings. If the only foods that taste good or keep you from vomiting are "junk foods," then eat them. You may need to cut back on these once the nausea is gone.

### Preventing Nausea

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- Do not use coffee, cigarettes and alcohol since they can upset your stomach and harm your baby.
- Keep away from stale odors, strong cooking odors, smoke, cleaning fluids, paints, perfumes, or other scents.
- Do not eat foods that can cause gas like garlic, oregano, onion and bell pepper.
- Stay away from foods that make nausea worse. Avoid high-fat, fried foods and dishes with heavy, spicy sauces.
- Marijuana is dangerous to your pregnancy and your baby, and should NOT be used during pregnancy. Mothers who smoke pot during pregnancy have a higher risk of miscarriage, stillbirth, and of having a baby with physical and cognitive delays.

## Taking Care of Yourself after Vomiting

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- Rest. Get some fresh air, and take a walk. Avoid places with strong odors.
- Sip on tart juices (lemonade or cranberry juice diluted with water).
- Drink fluids other than water. Drinking plain water may cause more vomiting.
- Eat candies or fruit with sour or tart flavors (hard candies, mints, lemon drops). These help cut saliva or cover unpleasant tastes in your mouth.
- Salty flavors help settle the stomach.
- Eat what you feel like eating at that moment. Try small amounts of sweet or cold foods.  
Popsicles   Jell-O   Jelly Beans  
Pudding   Fruit   Custard  
Yogurt   Ice cream

## Other Useful Tips

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- Peppermint or herbal teas (chamomile, raspberry leaf, and spearmint) settle the stomach and can relieve nausea.
- Rooibus tea or Redbush tea is an anti-spasmodic and helps nausea and heartburn. You can drink it as often as needed. Celestial Seasons sells it under the name of Madagascar Red.
- Ginger root has been shown to help reduce nausea. It is sold in many forms including tea, candy chews, hand candies, and capsule form.
- The stomach secretes less acid during pregnancy. Sometimes drinking half a glass of grapefruit juice with a meal will increase the acid and allow you to digest the food more easily.
- Some women discover that certain foods don't agree with them during pregnancy. If you get extremely nauseated after eating a particular food two or three times in a row, you may have to give it up for the duration of your pregnancy, or try it again another time in pregnancy.
- Stop prenatal or iron pills for a few days if they cause stomach upset or vomiting.
- Do not take any over-the-counter medications to stop vomiting, unless prescribed by your health care provider.

Call the office at 802-388-6326 for advice if you experience:

- \* Dizziness, weakness, fainting or headaches that do not go away; or
- \* Vomiting that lasts for 24 hours or that cannot be stopped except by not having any food or fluids.