



Nausea and Vomiting in Pregnancy

Nausea and vomiting are common in early pregnancy due to changing hormone levels. It can occur any time of day but can be more common in the morning. Usually, nausea and vomiting are symptoms are not severe enough to cause issues with dehydration or weight loss.

Things to Try:

- Small, frequent meals—avoid an empty stomach
- Take your prenatal vitamin at night
- Ginger products
- Cold, clear, and carbonated or sour fluids in small amounts
- Hard candies
- Peppermint or peppermint tea after meals

Things to Avoid:

- Odor sources (food, pet products, diapers, perfumes, etc.)
- Travel in tight spaces (airplanes)

Over the Counter Medications to Try:

- Convert prenatal vitamin to folic acid supplement only
- Ginger Capsules 250mg four times daily
- Consider P6 acupressure with wrist bands (Sea Bands)

Call the Office if:

- You have been unable to keep any food or liquids down for over 12 hours
- If you feel signs of dehydration like infrequent urination, dark colored urine, dizziness with standing, or lightheadedness.
- Vomiting repeatedly—especially if blood present
- Weight loss of more than 5lbs
- Abdominal pain, pelvic pain or cramping
- Fever or diarrhea with nausea and vomiting