

## NAUSEA AND VOMITING

Nausea and vomiting occurs in most pregnancies. It is so common that it can be considered to be normal. Usually these annoying symptoms resolve by 12 weeks. Although we do not know exactly what causes nausea and vomiting of pregnancy, we know it is related to the hormones of pregnancy.

Our goal in the treatment of your symptoms is to avoid medication therapy if possible. Several modifications of diet and behavior can ease some of the discomforts. Pregnancy is not a disease and, if possible, should not be treated as such.

Medication should be considered if your nausea and vomiting leads to severe weight loss, dehydration or signs of starvation. The medications we use have been used in pregnancy for years and are considered safe.

### **Behavior modification**

- Decrease exposure to provocative stimuli:
  - Odors – gasoline, coffee, perfumes, food, diapers
  - Noise – some feel noise leads to increased nausea and vomiting
  - Visual stimuli – computer screens
  - Stop prenatal vitamins, especially iron (take at least 400 mcg of folic acid)

### **Diet**

- Frequent, smaller meals; eat every 2-3 hours
- Decrease fat and protein intake
- Carbohydrates usually are tolerated
- Bland, lightly seasoned foods
- Fluid intake between meals
- Clear, cold, sour beverages such as lemonade
- Ginger tea, ginger ale, ginger cookies
- Green grapes

### **Alternatives to medicines**

- Acupressure – sea bands
- Acupuncture
- Hypnosis
- Psychotherapy

### **“Over the counter” Remedies**

- B6 – Pyridoxine
- Antivert – Meclizine
- Benadryl – Diphenhydramine
- Dramamine – Dimenhydrinate
- Unisom – Doxylamine

**Prescription medications are also available from your provider**