



Nausea and Vomiting in Pregnancy

Bedford Commons OB-GYN

Nausea and vomiting in pregnancy is quite common, with 50-90 percent of pregnant women experiencing it to some degree. Often it is just “morning sickness,” and many women often experience relief from their symptoms by the 14th week of pregnancy

While there are many theories as to why women experience nausea and vomiting in pregnancy, there are no clear-cut answers. One thing we do know is that it is not a sign that there is anything wrong with the pregnancy. However, should your nausea and vomiting become severe or prolonged, contact the office to see if you should be evaluated.

Here are some tips to help:

If you tend to feel worse in the morning, try to make a slower transition from sleep to wakefulness, and minimize abrupt movement. Try sitting at the edge of the bed for a few minutes before getting up in the morning. Sometimes odors can be a problem (“morning breath” of a bed partner, or kitchen odors coming into the bedroom). Try sleeping with the window open to get fresh air.

Eat 5 to 6 small meals throughout the day. Eat foods that are easy to digest such as what is in the “BRATT” diet. The BRATT diet stands for bananas, rice, applesauce, toast, and tea.

Take your prenatal vitamin at the time of day when you are most likely to be able to eat without nausea. Always take your vitamin with food. If prenatal vitamins causes nausea and vomiting, take them when they can be tolerated or later in the pregnancy as the nausea resolves. Or a children’s chewable vitamin may be used.

Drink fluids often during the day, make sure the fluids you drink have calories in them, such as gatorade. If liquids are a problem, try fruit juice bars, gelatin, sorbet, or fruit. Drink liquids slowly, in small sips.

Stress and fatigue can also contribute to nausea and vomiting. Try to rest, and get plenty of sleep at night.

Perhaps the most effective solution to nausea and vomiting in pregnancy is a combination of these over the counter medications:

- Take up to 4 doses daily (doses can be doubled for the most symptomatic times of your day) of doxylamine 12.5mg(also known as Unisom) combined with pyridoxine 25 mg (also known at Vitamin B6).

An over the counter medication called Emetrol may also be helpful and should be taken as directed on the label.

Many women find relief by wearing wristbands that use acupressure to control nausea (often called "Sea Bands" because they have been used to combat seasickness). They may be found at any major drug store. Ginger, up to 1000 mg/day, may also be effective. Alternative treatments, including acupuncture, may have some efficacy.