

**CONTEMPORARY WOMEN'S CARE**

**4323 N. JOSEY LANE, SUITE 306**

**CARROLLTON, TX 75010**

**PHONE: 972-939-7011**

**FAX: 972-939-2951**

**NEDRA RICE, M.D.**

**SHAHEEN JACOB, M.D.**

**NAUSEA/VOMITING (MORNING SICKNESS)**

**What is morning sickness?**

Nausea and vomiting is common during the first stages of pregnancy and is thought to be due to increased hormone levels. More than half of all pregnant women experience at least some symptoms, especially during the first three months. While traditionally called "morning sickness," it can actually occur at any time of the day. This is not harmful to your baby, and the symptoms are usually mild and go away after the first few months of pregnancy. Occasionally, the symptoms can become severe or persistent, requiring medical treatment and/or hospitalization.

**What can I do about it?**

Unfortunately, there is nothing you can do to prevent morning sickness. Here are some tips that may ease your discomfort:

- Get enough rest
- Stay away from odors that bother you
- Eat smaller, more frequent meals (5 or 6) instead of 3 large meals per day
- Drink small amounts of fluids throughout the day to avoid dehydration
- Drink fluids ½ hour before or after meals, but not with meals
- Eat lightly seasoned foods that are salted to taste, avoiding spicy, greasy, or fried foods
- Eat crackers or a piece of bread before getting out of bed in the morning or when nauseated
- Ginger products are often helpful (ginger ale, pickled ginger, ginger preserves, gingersnaps)
- Sit upright after meals to reduce the frequency of gastric reflux

**Are there any medications that help?**

There are several over the counter medications for upset stomach and nausea that are safe in pregnancy and may provide you with some relief:

- Antacids (Tums, etc.)
- Vitamin B6 (pyridoxine, 10 to 25 mg, taken three times a day)
- Dramamine (dimenhydrinate)
- Unisom tablets (doxylamine)

Talk with your doctor if the above treatments are not working. Prescription medications are available if necessary.

**When should I seek medical care?**

Please notify our office or seek medical care immediately if you experience any of the following:

- Severe nausea/vomiting that prevents you from keeping any food or liquids down
- Vomiting accompanied by pain or fever, or if you vomit blood or material that resembles coffee grounds
- Weight loss greater than 1 or 2 pounds