



## Nausea and Vomiting in Pregnancy

- The treatment you have received has been on an urgent basis only. It is just the beginning of your care.
- Arrange for follow-up care as recommended by the Emergency Physician.

Nausea and vomiting (sometimes called “morning sickness”) is very common in pregnancy.

It usually begins about week 6 and ends at week 12, but sometimes can persist longer.

The cause is not known definitely, but is likely related to hormonal and chemical changes in pregnancy.

### What is the prevention and treatment?

- Get as much rest as possible. Try napping during the day. (The condition tends to get worse if you are tired)
- Try to avoid stress.
- Eat crackers 15 minutes before getting up in the morning.
- Eat frequent small meals, every 2 hours. Do not skip meals.
- Try to eat whenever you feel you can.
- Eat slowly and do not lie down after eating.
- Meals high in proteins and carbohydrates are considered the best.
- Eat foods that are easily digestible.
- Try eating cold foods instead of hot as they have less smell and some women are much more sensitive to smell in pregnancy.
- If odors bother you, try to have good ventilation in the kitchen. Open windows if you can or turn on the fan above the stove.
- Snack foods can include soft bread, salty chips, sour pickles, crackers and fruit juices.
- Do not drink liquids 30 minutes prior to and after eating. (Do not drink during meals)
- Drink small amounts of fluids between meals to prevent dehydration.
- Simple antacids may be used for heartburn.

- Ginger root and slippery elm have **not** yet been proven safe in pregnancy.
  - Avoid warm places. (Feeling hot can add to nausea).
  - Sniffing lemons or ginger, drinking lemonade, or eating watermelon sometimes relieves nausea.
  - Eating salty potato chips has been found to help settle stomachs enough to eat a meal.
  - Acupressure treatments have been beneficial to many women.
- The doctor has prescribed Diclectin® to help with the nausea. Take as directed by your physician (Diclectin® is considered safe in pregnancy)

### Return to the Emergency Department if:

- Persistent vomiting for 24 hours or more
- Fever
- Dry mouth or skin
- Decreased urine output
- Vaginal discharge or bleeding
- Weakness
- Headache
- Abdominal pain

Much of this information is from The Society of Obstetricians and Gynaecologists of Canada. This group has a Web site with information about pregnancy.

- <http://pregnancy.sogc.org/>
- <http://pregnancy.sogc.org/nausea-and-vomiting-in-pregnancy/>



**Smoking is a serious health risk**