



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**