

Nausea and Vomiting Pregnancy

Nausea and vomiting during pregnancy is very common affecting 70 to 85% of pregnant women to some degree. In about 40% it is severe enough to interfere with family life, social interactions, and employment. These symptoms may begin as early as the first missed period, but the average time to begin is about five to six weeks from the last period. Symptoms generally peak at about nine weeks, subside by 30% at about ten weeks, subside another 30% by twelve weeks and at sixteen weeks have dissipated to 0-10%. Persistence after sixteen weeks occurs in 10-15% of patients and is rare beyond twenty weeks. Every woman has a different experience with this common problem. What causes problems or helps in one person may not be true for another person. Unfortunately this will take some trial and error to find out what works for you. Maintaining a food diary may help identify elements which provoke symptoms. Please call us if you are having fever, pain, or other problems.

Ideas to try:

- Having either a too empty or too full stomach can trigger symptoms. So try smaller and/or more frequent meals. Possibly try a regular schedule of small meals with snacks. Eat as soon as you feel hungry.
- Eating high-carbohydrate, low fat foods.
- Eating protein-predominant meals.
- Eating a bland, dry diet, ie: crackers
- Drinking small amounts of cold, clear, carbonated or sour liquids (lemonade); drinking between meals rather than with meals
- May supplement diet with liquid nutritional product such as Ensure
- Lying down as needed and getting plenty of rest
- Changing positions slowly, especially with rising
- Going outside for fresh air as needed
- Avoiding offensive foods and smells
- Avoiding iron preparations including prenatal vitamins, although folic acid is still important
- Not brushing your teeth after eating
- 10 mg to 25 mg of Vitamin B6 three to four times daily
- Herbal teas and aromatics of mint, ginger or orange
- Motion/Seasickness bracelets like Sea-Bands or Relief Bands
- Antihistamines including meclizine (Antivert or Dramamine non-drowsy), dimenhydrinate (Dramamine), doxylamine (Unisom), and cyclizine (Mareine)
- Antacids including Tums, Maalox, Zantac, Pepcid and Tagamet

