

NAUSEA AND VOMITING TIP SHEET

Pregnant women suffering from morning sickness may find some relief by experimenting with potential remedies. If symptoms persist to the point where you are unable to keep down liquids, feel faint, dizzy or lightheaded, please call your doctor.

Things To Try:

- Seabands/Acupressure
- Ginger products, i.e., tart ginger ale, pickled ginger, ginger preserves, ginger snaps (avoid concentrated ginger capsules).
- Support. The Internet has Web sites with information and shared experiences.
- Foods. Potato chips, lemons to smell, Granny Smith apples, Honey Nut Cheerios, nuts.
- Beverages. Lemonade, Snapple Raspberry Flavored Tea.
- Consumables with "built-in" fluid such as watermelon, ice chips.
- Air conditioning. Hot, humid weather worsens symptoms.
- Dress warm in cold weather and avoid artificial heaters.
- Dill pickles.
- Smaller, more frequent meals.
- Prenatal vitamins at bedtime.
- Never allow yourself to get extremely hungry.
- Wet/Dry diet. (Do not mix beverages and food at mealtime. Wait at least 15 minutes between "dry" and "wet" foods.)
- Fresh lemon juice and water mouth rinses.
- Sucking on Atomic Fireball candies.

Things To Avoid:

- Odor sources, such as food pet products, gas stations, coffee pots, diapers.
- Poor-quality computer screens, videos.
- Magazines with perfume samples.
- Travel and public entertainment.

Medications:

- Vitamin B6, 50 mg once a day.
- Emetrol, as recommended on the bottle.
- Unisom 25mg, ½ tab twice daily.
- Please call your doctor before trying any other medication.

Good Luck! Remember that you are not alone. 50 to 90 percent of all pregnant women experience nausea and vomiting. Most women feel much better by the end of the first trimester.