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NAUSEA AND VOMITING IN PREGNANCY

Nausea and vomiting are not unusual during the first trimester of pregnancy. It is due to the changing hormones in your body. This is an unpleasant side effect of pregnancy, but usually controllable.

Some helpful hints to control nausea are listed below:

Take slow deep breaths to help alleviate the nausea and vomiting.

Soda crackers at the bedside to take before rising may absorb some of the stomach acids in the morning. Avoid rushing in the morning.

Increase or maintain fluids using ice chips, popsicles, juices, sipping 1-2 ounces of clear liquids, ginger ale, ginger tea, or white grape juice, every 10-15 minutes.

You may suck on B-natal Therapops, Ginger Drops, or Ginger Chews.

Increase gradually to a bland diet, such as: soda crackers, dry toast, mashed potatoes. Eat small frequent meals (6 times a day.) Do not overload your stomach.

Avoid dairy products and foods that are spicy, greasy, or fatty until 48 hours after all symptoms have subsided.

Avoid caffeine, alcohol, and smoking.

Some OTC medications safe for pregnancy include:

- Emetrol as directed
- Unisom (doxylamine) 25mg po 2-3x/day
- Vitamin B6 50mg po qd

If all of the above do not control the nausea and vomiting, call our office at 740-653-5088, and ask to speak to a triage nurse.