



MORNING SICKNESS

Nausea and vomiting are common symptoms that can occur during the early weeks of pregnancy. Although frequently referred to as 'morning sickness', it can occur any time of the day or night, and usually resolves at about 12-13 weeks of pregnancy.

The cause remains unclear, and for most women it is a discomfort which does not interfere with their ability to function, but sometimes is severe enough to require medical intervention.

Hints to help with first trimester nausea and vomiting

- Frequent small feedings rather than 3 regular meals can help maintain healthy blood sugar levels and reduce nausea. Proteins are metabolized more slowly than carbohydrates. If you can tolerate them, they may make you feel better. Proteins include eggs, dairy products, nuts, and meats.
- Do not worry about the quality of your diet if you are struggling with nausea. Eat whatever sounds appealing. For some women, crackers, cereal, potatoes, and breads are best. You will focus on a healthy diet after the nausea resolves.
- Separate liquids from solids, drink between, rather than with meals.
- Eat something prior to getting out of the bed in the morning, or have a snack when you get up to go to the bathroom in the middle of the night.
- Vitamin B6 (25mg) once in the am and once at bedtime is helpful for some women.
- Motion sickness relief acupressure wrist bands can be helpful. Available at most pharmacies.

IF YOU ARE VOMITING MANY TIMES DURING THE DAY, OR ARE UNABLE TO EAT OR DRINK FOR 24 HOURS, YOU NEED TO CALL FMMC AND BE EVALUATED FOR DEHYDRATION. PLEASE CALL US AT (978) 534-8701.