

Morning Sickness

Morning sickness is the nausea and vomiting that many women experience during pregnancy. Symptoms can be mild or severe. Even though it is called “morning” sickness, symptoms can happen any time of day. Most women who have the condition feel sick all day long. Morning sickness usually gets better after the first few months of pregnancy.

CALL YOUR DOCTOR OR NURSE IF YOU:

- Vomit repeatedly, multiple times during the day or if there is blood in your vomit.
- Are losing weight.
- Have pain or cramps in your belly.
- Think you may be dehydrated. Signs include producing less urine than normal, dark-yellow urine or feeling dizzy when you stand up.

You may need medicine to prevent nausea and vomiting. If you are dehydrated, you may need to be given fluids through an IV.

THINGS YOU CAN TRY TO FIGHT MORNING SICKNESS:

- Eat as soon as you feel hungry or even before you feel hungry.
- Snack often, and eat small meals. The best foods have lots of protein or carbohydrates but not a lot of fat. Good choices are crackers, bread and low-fat yogurt.
- Drink cold, clear beverages that are either fizzy or sour, such as lemonade or ginger ale.
- Drink peppermint tea, or eat peppermint candy.
- Try eating popsicles, hard candy or ginger-flavored lollipops.
- Smell fresh lemon, mint or orange.
- Avoid spicy, fatty, greasy and acidic foods.
- Brush your teeth after you eat.
- Do not lie down for at least 30 minutes after you eat.
- Take your vitamins at bedtime with a snack, not in the morning.
- Avoid things that make you feel nauseous. Examples might include stuffy rooms, strong smells, hot places, loud noises or not sleeping enough.
- Figure out if some foods and drinks stay down better than others. Avoid foods and drinks that seem to make you feel sick. This varies for different people.