

Nausea and Vomiting

Feeling sick to your stomach or vomiting is most common during the first 3 months of pregnancy. It often occurs in the morning but can occur any time throughout the day. By your 4th month of pregnancy you will most likely feel better. To lessen morning sickness try some of these tips.

- Eat often. Though you may not feel hungry, try to get something into your stomach every 2 or 3 hours throughout the day. An empty stomach can make you feel worse.
- Before getting out of bed, eat some crackers, dry cereal, dry toast, bread sticks, plain popcorn, vanilla wafers or pretzels.
- Drink fluids between meals. Try 100% fruit juice, low fat milk, water and caffeine-free pop. Drink often, especially if you are vomiting.
- Eat fewer fatty foods. Skip fried foods, butter, margarine, salad dressings, gravy, bacon, sausage, pastries, pizza, donuts.
- Try a sour or salty food. Some women find that a tart or sour food like lemonade, or salty foods like pretzels and chips, help lessen morning sickness.
- Eat foods that sound good to you.
- Just the smell of food cooking can make you feel sick. Try to cook with a fan running or by an open window. Or, better yet, let someone else cook when possible. Keep foods on hand that don't have to be cooked and that don't have a strong smell, like:
 - fresh fruit
 - hard-boiled eggs
 - yogurt
 - cottage cheese and fruit
 - sherbet
 - cheese and crackers





More tips:

- Try to identify the smells that bother you and avoid them. Smelling a fresh cut lemon may help.
- If you smoke, quit or cut way down.
- Try to rest often. Getting over-tired can make your “morning sickness” worse.
- Move slowly. Don’t make sudden movements. Get out of bed or out of a chair slowly.
- Don’t drink liquids with caffeine.
- Try taking your prenatal vitamin with food or later in the day. If you are still getting sick, don’t stop taking your vitamins! Ask your health care provider if you could take a standard multivitamin or a children’s chewable multivitamin. Once you are feeling better, you can take your prenatal vitamin again.

Call your health care provider if you are vomiting more than 3 times a day. Do not take any medications without asking your health care provider.