

Nausea and Vomiting in Pregnancy

Suggestions for Nausea and Vomiting in Pregnancy

Nausea is very common in pregnancy, especially during the first trimester. After the first three or four months of pregnancy nausea symptoms usually taper off and subside.

Eat frequent small meals of foods that sound appealing to you. Try not to eat and drink at the same time - rather sip fluids between meals. Avoid greasy, fatty, or highly seasoned foods. Dry carbohydrate rich foods such as crackers, toast, potatoes or cereal tend to digest easily and can help ease nausea. Weak tea, ginger tea, very cold carbonated drinks, fruit juices, and crushed ice or ice-pops, may help to ease nausea. Always try to sit upright after meals.

Over-the-counter medications such as Emetrol, B6, or ginger tablets may be helpful. Unisom is sometimes recommended but may cause drowsiness.

Prescription medications such as Phenergan or Zofran may also be prescribed to help relieve nausea.