

Nausea and Vomiting in Pregnancy

Not feeling well?

You are not alone. Nausea and Vomiting in Pregnancy (NVP) affects up to 80% of pregnant women. It is most common from weeks 9-14 but can last longer for some women.

What can you do?

Adjust your Diet

- Take small sips of water,
- Start the day with dry, bland
- Add protein when you are
 - Nuts, seeds, peanut
 - Dairy products
 - Protein powders or
- Try bubbly beverages like



coconut water or electrolyte replacement drinks
 toast or crackers
 able to
 or almond butter
 including milk, yogurt or cheese
 shakes
 seltzer water or ginger ale

Adjust your schedule

- Eat smaller more frequent meals or snacks throughout the day
- Try taking your prenatal vitamin at the end of the day. If you cannot tolerate it, switch to a chewable gummy- just make sure it contains folic acid

Natural Treatments

- Ginger candy, ginger capsules (250mg x4 or 500mg x2, up to 1000mg/day) or ginger tea made from fresh ginger
- Sea Bands, Natural Acupressure Nausea Relief Bands or try to hold pressure on your PC6 point yourself
- Papaya Digestive Enzymes found at a health food store contain pepsin and help break down foods more easily
- Chew on peppermint gum or roll on peppermint essential oil



Over the Counter Treatments

- 25-50 mg Vitamin B6 2-3x/
- If Vitamin B6 alone is not succinate) at bedtime

day
 helpful, take in combination with Unisom (12.5-25mg doxylamine

Avoid the Following:

- Stuffy rooms or strong, unpleasant smells that trigger your nausea
- Marijuana/THC containing products have not been shown to be safe in pregnancy
- Excessively greasy, spicy, or sugary foods

When to contact our office:

- Signs of dehydration, including infrequent urination, dark-colored urine, or dizziness with standing
- Unable to keep down any food or drinks for more than 12 hours
- Fever or diarrhea in addition to nausea and vomiting
- If the above options aren't helping and you want to discuss prescription medication