



Tips for

Morning Sickness

What is "morning" sickness?

Nausea and/or vomiting is a common pregnancy symptom that affects 50-70% of pregnant women. So called "morning" sickness gets its name because for some women they are most nauseated or even only nauseated in the early morning. However, "morning" sickness can actually take place at any time during the day or night, or may even last all day.

On average, nausea starts before 9 weeks of pregnancy and has often subsided by 14 weeks. But, of course, this is just the average so for some women it may last longer, possibly the entire pregnancy.

3% of women develop hyperemesis gravidarum, the most severe form of nausea and vomiting caused by pregnancy. This condition may need medical treatment as it increases your risk of dehydration. If you are concerned about your level of nausea and vomiting, please consult with your care provider.

What can I do about it?

You can put your mind at ease, mild nausea and/or vomiting does not cause direct harm to your baby, but it is at best a nuisance for you. So the following is a list of things you may try to help alleviate or ease your "morning" sickness symptoms.

- Get plenty of rest: Take it easy at work, if you can and nap as often as possible.
- Eat small meals: Go for 6 small meals instead of the typical 3 large meals.
- Try crackers, granola, or other light, dry foods first things in the morning (before your feet touch the ground).
- Eat a high protein snack before bed. Not going to bed on an empty stomach can help.
- Sip juice throughout the night to keep your blood sugar stable, thus your stomach more settled.
- Avoid spicy or greasy foods. Also, avoid any triggering foods or smells as best you can.
- Try the BRATT (bananas, rice, apple sauce, toast, tea) diet, or sticking to other bland foods such as plain fruits and vegetables, jello, pretzels, etc.
- Ginger anything: Ginger ale, ginger hard candies, ginger capsules, ginger tea, ginger snaps, etc. as long as it's made with real ginger (not artificially flavored).
- Stay hydrated: Try ice chips, popsicles (freeze Gatorade or Pedialite for an electrolyte boost), sour lemonade (see below), fruit juice, if water is difficult to keep down.
- Sour things: Suck on a lemon, sour hard candy, or sipping on sour lemonade can help cut back on the nausea.
- Herbal teas: Think ginger, lemon, and peppermint.
- Acupressure: Try wearing motion sickness bands like these. They work by putting pressure on an acupressure point for relieving nausea.
- B6 vitamins: It is important to continue taking your prenatal vitamins even while nauseated. Talk to your care provider about possibly taking an additional B6 supplement. For a great list of foods that naturally contain vitamin B6, [click here](#).
- Medications/drugs: If your nausea and/or vomiting is moderate to severe, talk to your care provider about what prescribed medications you may be able to take.



Laura Browning, Doula
(606) 344-9023
laura.sageroots@gmail.com
www.sagerootsbirth.com