

## *Nausea and Vomiting in Pregnancy*

- Eat crackers before getting out of bed to settle your stomach. If you like peanut butter and are not allergic, try it on the crackers.
- Eat small, more frequent meals or snacks (every 2 to 3 hours).
- Drink fluids one hour before and/or after meals, not with meals.
- Have a snack about half an hour before going to bed.
- Suck on lollipops or hard candy.
- Avoid high-fat, acidic, or spicy foods (e.g., fried food, tomato sauce)
- Try to include a source of protein in every meal or snack (e.g., beans, meat, nuts, fish, dairy, eggs)
- Take your prenatal vitamin in the evening after supper.
- Drink at least 8 glasses of non-caffeinated fluids per day (e.g., water, water with lemon, sports drinks, and juice instead of soda). Be aware of the signs of dehydration: dark yellow urine, feeling dizzy or light-headed, dry mouth, and feeling thirsty. These signs may indicate that you are not getting enough fluids.
- Drink peppermint tea or ginger tea.
- Avoid strong odors and scents.
- Vitamin B6 and B12 together help. Please consult with us before taking additional supplements. Food sources of Vitamin B6 include banana, salmon, turkey, white chicken, cereals. Ask about a prenatal vitamin which contains higher levels of these vitamins.

Every person and every pregnancy is different. Find out what foods and fluids work for you and stick with them until you feel better.

GYN OB Associates , 1/08



373 New Boston Rd. Fall River, MA 02720  
Tel: (508) 679-0911 - Fax: (508) 536-0310