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HELPFUL HINTS FOR “MORNING SICKNESS” OR NAUSEA

Before you go to bed: Be sure to have plenty of fresh air in the room where you sleep. The odor of soiled clothes and other household odors in the room where you sleep may upset your stomach. Place some dry cereal, toast, dry bread, dry biscuits, or plain crackers within reach of your bed.

You can While sleeping: Sleep with air moving in your room—an open window, air conditioning, or a fan, and lay on your left side as much as possible.

Before you get up in the morning: Eat some of the dry bread, toast or cereal, a little jelly on the bread may make it taste better. Do not use butter or margarine. Eat this before sitting up.

When you get up: Get up slowly. Avoid sudden movements when getting out of bed.

Before you cook breakfast: Eat some more dry bread or cereal a little while after you get up and before you cook breakfast.

Foods to help relieve nausea: Salty foods can help, also, tart, thick and cold foods, cold crunchy foods; watermelon, frozen pops, and foods that can be eaten either wet or dry.

Meals: Eat several small meals a day instead of three larger ones. You are more likely to feel nauseated when your stomach is empty. Do not drink fluids or eat soups at mealtimes. If you are thirsty, try eating chips of ice. Sometime during the day you may feel well enough to eat a regular meal. Do not over eat at this time.

Foods to avoid: Fats and greasy foods tend to upset the stomach. For this reason, avoid fried foods and foods cooked with grease, oils or fat meats. Eat very little, or none, of the following:

*butter, margarine, oils

*mayonnaise, salad dressings

*pie crusts, pastries

*bacon, fat back

*gravy.

Highly seasoned foods such as those cooked with

*garlic,

*onion,

*pepper,

*chili and other spices may upset your stomach.

Eat lightly seasoned foods.

Do not eat foods that give you gas while your are pregnant, these foods may be:

*cabbage

*broccoli

*brussel sprouts

*collard greens

*onion

*cucumbers

*radishes

*turnips

*dried beans.

Between meals: Drink small sips of liquids frequently between meals. Take milk, water, fruit juices, decaffeinated coffee and tea, and soups only between. When you feel nauseated, eat a

small amount of these foods: *sugarcoated cereals without milk *carbonated beverages *caramel corn.

When you cook: Have windows open to get rid of cooking odors.

A SAMPLE PLAN FOR EATING TO CONTROL NAUSEA

Before getting up: Crackers, dry cereal, toast or dry bread with jelly if you wish.

Breakfast: Cereal and cup (or less) of milk, toast (no butter or margarine), egg (boiled or poached not fried).

Between: (30 minutes or more after eating breakfast) Milk, tea or coffee (caffeine free), fruit juice, or soup...about two sips at a time.

Lunch: Cottage cheese or lean meat, bread, vegetable or fruit.

Between: (30 minutes or more after lunch) Milk, tea or coffee (caffeine free), fruit juice or soup...about two sips at a time.

Dinner: Lean meat, fish or fowl, potato (no butter or sour cream), dark green or yellow vegetable, bread, dessert.

Before bed: Milk or other liquid, about two sips at a time.

THIS EATING PLAN DOES NOT GIVE YOU ALL THE FOODS YOU NEED FOR A BALANCED DIET DURING PREGNANCY.

As soon as you are no longer nauseated, slowly add food servings listed on your prenatal diet.

Other ways to combat nausea: Be sure to get enough fluids, attempt eight 8-oz. glasses a day. Avoid smells, such as cleaning agents and aromatic foods. If you find foods and odors that trigger your nausea, *avoid them.*

Typical triggers of nausea: In some cases, noise, bright light, and certain motions can cause nausea. Avoid MSG and foods containing Hydrolyzed Vegetable Protein (HVP).

Mouth care: Rinse your mouth with water after vomiting. Brush teeth frequently, 2 to 3 times a day. If toothpaste causes nausea, use salt or baking soda.

Over-the-counter medications that can help:

Emertrol: 1 to 3 tablespoons upon arising and every 15 minutes until nausea subsides. You may continue every 3 hours as needed. Do not exceed recommended dosage on the package label.

Vitamin B6: 25 to 50 mg in the morning and at bedtime. You may repeat in the afternoon, if needed.

Wristbands: There are several brand name wristbands that offer assistance with nausea by putting a little pressure on the wrist at key acupressure points.