

GASTROENTERITIS (UPSET STOMACH) IN PREGNANCY

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Gastroenteritis means infection or inflammation in the digestive system. It is usually a short-term illness and is not serious. However, it can cause dehydration or an imbalance of important minerals such as sodium or potassium.

MANAGING SYMPTOMS:

- Eat simple foods such as lukewarm soups, non-acidic juices, electrolyte-balanced water, toast, applesauce, banana
- Stay hydrated
- Add lemon or lemon juice to water
- Ice chips or low-sugar popsicles
- Avoid fatty, spicy, and dairy rich foods
- Chewing fennel seeds, clove tea, ginger candies, or drinking ginger ale may help with nausea
- Certain types of tea such as mint, ginger or fennel tea may relieve symptoms
- Try raw coconut oil with honey
- Coconut water

TIPS FOR PREVENTION:

- Rest as much as you can
- Wash your hands often with soap
- Avoid sharing utensils, drinking cups, or towels with others



Talk to your provider before taking over-the-counter medications such as anti-diarrheal medications or Tylenol (acetaminophen) for aches or fevers. **Pepto-Bismol is NOT recommended in pregnancy.**

CALL YOUR DOCTOR IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Vomiting that lasts more than two days
- Unable to keep liquid down for more than 24 hours
- Diarrhea that lasts longer than three days
- Blood in your vomit or stool
- Fainting
- Changes in vision, severe headache
- Dark urine, or inability to pass urine
- Fever higher than 101 degrees F
- Severe abdominal pain
- Uterine contractions, more than 6 in one hour (different from Braxton-Hicks contractions)

Learn more:

American Academy of Family Physicians. Over-the-Counter Medications in Pregnancy. bit.ly/4h8gu4s