

NAUSEA & VOMITING IN PREGNANCY

Reviewed: October 2024

Sickness or vomiting in the first trimester is common and may be the first sign that you are pregnant. You may have a queasy feeling and lose your appetite. It is also called "morning sickness".

Some people may experience a severe form of nausea and vomiting that continues after the first trimester. This is called hyperemesis.



DIET TO HELP AVOID NAUSEA AND VOMITING

- Eat small meals slowly without beverages (fluid makes the digestion process slower)
- Try to eat often
- Do not skip meals
- Try to avoid very sweet foods (spike in blood sugar results later in a drastic drop, causing more nausea)
- Try eating cold or room temperature food instead of hot food
- Eat crackers or something light when you first wake up, before getting out of bed
- Sip small amounts of fluid throughout the day
- If you notice that cooking smells trigger you, ask someone else to help with meal preparation or make healthy meals that do not need cooking
- Ginger - ginger ale, ginger candies, fresh ginger infused in hot water for tea, Fresh lemons scent, lemon candies, lemonade, lemon & honey tea

CALL YOUR DOCTOR IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Decrease in urination
- Dark colored urine
- Fainting
- Strong headache
- If you are on a daily oral medication that you are unable to keep down
- Not able to sit upright
- Excessive thirst
- Unable to hold down fluids/food

LEARN MORE:

Cleveland Clinic. Morning Sickness: Nausea and Vomiting of Pregnancy.

<https://my.clevelandclinic.org/health/diseases/16566-morning-sickness-nausea-and-vomiting-of-pregnancy>

American College of Obstetricians and Gynecologists. Problems of the Digestive System.

<https://www.acog.org/womens-health/faqs/problems-of-the-digestive-system>