



## NAUSEA & VOMITING

DURING PREGNANCY



Your body changes when you are pregnant. Feeling sick to your stomach or vomiting is most common in the first 3 or 4 months. By the 4th month of pregnancy, you will most likely feel better.

### IF YOU FEEL SICK

- 1 Eat often, 5 or 6 times a day. An empty stomach can make you feel worse.**
  - Try to eat small amounts of food every 2 to 3 hours during the day.
- 2 Eat any food that stays down.**
  - Eat foods that sound good to you.
  - Eat dry cereal and plain crackers when you feel sick. Keep crackers by your bed and eat a few before you get out of bed.
  - Try a sour or salty food. Some women find that a tart or sour food like lemonade, or salty foods like pretzels and chips, help lessen morning sickness.
- 3 Avoid foods that may make you feel sick.**
  - Spicy foods and fatty foods may make you feel sick. Hold the hot sauce and chili powder. Skip fried foods, butter, salad dressings, gravy, bacon, sausage, and donuts.

Even if you feel sick, you still need food and liquids. If you can not keep anything down, call your doctor.



**4 Avoid strong smells.**

- Open the window to let fresh air in and stale air out.
- Let others cook when possible.
- Cold, bland foods work well when the smell of food cooking makes you sick. Some ideas include: fresh fruit, hard-boiled eggs, yogurt, cottage cheese, sherbet, cheese, crackers, and cereal.

**5 Drink liquids between meals instead of with meals.**

- Take small sips. All fluids count – try ice, popsicles, diluted juice, soups, or broths.
- Drink often, especially if you are vomiting.



**6 Quit smoking or cut back.**

- Many women feel better when they quit or cut back on smoking.

**7 Try to rest often.**

- Getting over-tired can make your “morning sickness” worse.

**8 Find the best way to take your prenatal vitamin every day.**

- Try taking your prenatal vitamin with food or later in the day.
- If you are still getting sick, do not stop taking your prenatal vitamin. Ask your health care provider if you could take a standard multivitamin or a children’s chewable multivitamin. Once you are feeling better, you can take your prenatal vitamin again.

