

NAUSEA IN PREGNANCY

The nausea you experience during pregnancy is temporary. It usually diminishes rapidly after the end of the first Trimester. However, you may experience some nausea occasionally throughout your pregnancy. The following advice has worked for others and may be of help to you. Here are some general guidelines to follow:

- Eat several small, frequent meals. Even a few bites can help. It is usually better to eat 5 or 6 small meals instead of 3 large meals.
- Keep a source of dry carbohydrates such as saltine crackers near your bed. Eat a few before you get out of bed in the morning if you experience nausea in the morning.
- Carry some crackers with you so that you may eat a few when you experience nausea during the day.
- Take liquids between meals. Do not wash your food down.
- Avoid spicy, fried or fatty foods.
- Take your prenatal vitamins after having eaten.

The following is a list of foods that you can eat that should not make your nausea worse.

Beverages:	Skim milk or fat free buttermilk, coffee, tea, unsweetened carbonated beverages
Cheese and other milk products:	Cheddar cheese, cottage cheese, plain yogurt
Eggs:	Prepared any way except fried
Meat, Fish or Poultry:	Lean cuts prepared any way except fried or with gravy
Fruits:	Fresh, unsweetened canned, cooked or frozen. Some easily tolerated are applesauce, apples, grapes, pears, bananas, berries, rhubarb, cantaloupe, watermelon. Try to include citrus fruit as tolerated.
Vegetables:	Fresh, frozen or canned. Try to include both yellow and green vegetables
Potato or Substitute:	May replace bread at meals. Mashed, baked or boiled potato, rice, noodles or plain pasta
Cereal:	Hot or unsweetened cold
Bread:	Whole grain or enriched plain bread, crackers
Sweets:	White, brown or maple sugar, honey, molasses, jelly and jam, cream mints, gum drops or hard candies.
Miscellaneous:	Clear broth, fat free bouillon, jello

The following is a list of foods that you should not eat. These foods may increase your nausea.

Beverages:	Any other than those listed in foods that should not make your nausea worse
Cheese:	Any other than those listed in foods that should not make your nausea worse
Eggs:	Fried
Meat, Fish or Poultry:	Fatty or fried meat, fish or poultry
Fruit:	Avocado, dried fruit, sugar-sweetened canned, cooked or frozen
Vegetables:	Any other than those listed in foods that should not make your nausea worse
Potato or substitute:	Fried potato, potato chips, creamed or scalloped potatoes
Cereal:	Sugar-coated cereals
Bread:	Quick breads, coffee cake, pancakes, waffles and sweet rolls
Sweets:	Any other than those listed in foods that should not make your nausea worse
Miscellaneous:	Gravies, pastries, rich desserts, whipped cream ,highly seasoned foods, fats, fatty foods, nuts, olives, doughnuts, buttered popcorn, rich stews and soups

If diet does not control persistent vomiting, medicine may be needed. There are several medications and products that be purchased over the counter that may help your nausea. Vitamin B6 has been shown to help with nausea in pregnancy. There are several products that contain B6. These are B-Natal and Preggy Pops. They are available at most drug stores and Babies R Us. Emetrol is another over the counter product that is safe to use in pregnancy. There are also products such as "Sea Bands" that are for nausea that can be purchased at most drug stores. They are made to be used for sea-sickness but some patients have found that they help their nausea. If dietary changes and over the counter medication do not help your nausea, please notify the office so that we can call in a prescription medication for you. If you have tried dietary changes, over the counter medicines or prescription medicines and are still having problems with nausea, you need to contact our office.