

What is morning, afternoon or evening sickness?

Morning sickness is nausea or vomiting that usually occurs during the first 20 weeks of pregnancy. More than half of pregnant women have morning sickness during the first trimester. It usually goes away by the second trimester.

What are some tips to help minimize my nausea?

- If it's a food that sounds good, eat it. Early in pregnancy, the nutritional needs of your baby are still small.
- Snack throughout the day. Eating too much or eating too little can make nausea worse. Nibbling will help. Eat every 1 hour, even if it is just a bite.
- Avoid smells that cause nausea.
- Eat hot and cold foods. With morning sickness, hot foods like broth and cold foods like popsicles tend to settle your stomach. They also help to replace fluids you may have lost.
- Try sour foods. Drinking lemonade or lemon drop candies sometimes helps with morning sickness. For some women, even just the smell of lemons helps.
- Ginger may help soothe your stomach during pregnancy. Eat ginger candies, drink ginger tea or ginger ale.
- The minerals in prenatal vitamins may cause nausea. Try taking your vitamins at different times of the day. If they still cause nausea, stop the vitamin, but, **do not stop taking folic acid**. You can buy folic acid at any pharmacy.
 - Take 0.4 - 1.2 milligrams of folic acid daily.
- Try taking 25 milligrams Vitamin B6 and 25 milligrams Doxalamine Succinate (Unisom[®]) 3 times a day. This combination of medication has

been used for many years and is safe during pregnancy. This can be found without a prescription at any pharmacy.

- Resting with a cool wash cloth on your neck or forehead can be helpful and remember to get up slowly after lying down.

What if these tips are not working?

Call your doctor or midwife's office for possible prescription medication.

When should I be concerned about vomiting too much?

If you are so dehydrated that you stop making urine; or you become weak, dizzy and lightheaded or you cannot keep any fluids down for 24 hours, please call OB triage (734-764-8134) or your providers office to be evaluated urgently.

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