

# Common Treatments for Nausea and Vomiting During Pregnancy

**VOMITING CAN BE DANGEROUS. CALL YOUR DOCTOR OR CERTIFIED NURSE MIDWIFE IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:**

- You lose 5–10 pounds
- You can't keep any food or fluids down for 24 hours
- You have abdominal pain, fever, or severe weakness or you feel faint
- Your urine becomes very dark yellow or you don't urinate for long periods

**Eat small amounts of food every 2–3 hours to avoid hunger. Drink soups and other liquids between meals rather than with meals.**

**Eat low-fat complex carbohydrates:**

- Rice
- Oatmeal
- Bread
- Dry cereals
- Potatoes
- Bagels
- Pasta
- Pretzels

If food odors bother you, you may prefer cold foods. Cold foods have less odor than hot foods.

**Eat low-fat protein foods:**

- Lean meat
- Boiled beans
- Eggs
- Broiled or canned fish
- Poultry without the skin

Eat fruit and drink 100% fruit juices (apple, grape, or cranberry).

Avoid gas-forming fruits and vegetables (cabbage, broccoli, cauliflower, onions, apples, cantaloupe, watermelon, honeydew melon).

Avoid greasy or fried foods, as they are hard to digest.

Eat lightly seasoned foods, but salt to taste to replace electrolytes.

Avoid drinking beverages containing caffeine or alcohol.

Sit upright after meals to reduce gastric reflux.



**Eat a snack before going to bed or during the night, such as:**

- Yogurt
- Bread
- Milk
- Small sandwich
- Juice

Eat a piece of bread or a cracker before getting out of bed in the morning.

Get out of bed slowly. Avoid sudden movements.

Avoid brushing teeth immediately after eating.

Rest as needed, with feet up and head slightly elevated.

Get plenty of fresh air and light exercise.

Open windows when cooking or use an exhaust fan to eliminate odors; eat out when nausea is really bad.

Keep a diary of when vomiting occurs and what triggers it, such as odors, foods, places, or activities, so you can learn to avoid these triggers.

Alternative therapies include ginger or herbal teas. Ginger Ale is a readily available form of ginger, and the carbonation may be helpful. Herbal teas that may help include raspberry leaf tea and chamomile tea.

Acupressure bracelets may also be useful. These are sold in boating stores and by auto clubs to treat motion sickness.

In some pregnant women, certain salty high-fat foods such as potato chips and cheese curls and cold sweet/tart drinks such as lemonade have relieved nausea.

If you have other questions/concerns, please call the Rocky Mountain Health Plans prenatal nurses Janice Ferguson, RNC, at 970-244-7890 or 800-843-0719, ext. 7890, or Heather Stephens, RN, at 970-244-7804 or 800-843-0179, ext. 7804.