



## **Nausea in Pregnancy**

Nausea in pregnancy, with or without vomiting, is known as morning sickness; however, it frequently occurs at other times of the day or evening. Since it is more common to occur when the stomach is empty, nausea is usually worse in the morning. The cause of nausea in pregnancy is not known, although the rapidly rising hormone levels in early pregnancy are believed to be a factor. There are numerous techniques to reduce nausea. Not all of them work for all people. Try one, all or any combination until you find what works best for you.

If you go 24 hours without keeping down any food or liquid, you should contact the clinic immediately. Please call 763-587-7916.

1. Don't let your stomach get completely empty. If you go too long without eating, the nausea can become worse. Small meals are tolerated better than larger ones.
2. Keep crackers, dry toast, or other snack food at your bedside, and eat a little of it before you get out of bed.
3. Eat a snack before going to bed at night, and before getting up in the morning.
4. Avoid spicy foods and foods with strong odors, if they bother you.
5. Avoid fats in your diet.
6. Suck on lemon candy, or other hard candy like life savers throughout the day.
7. Peppermint tea can sometimes relieve nausea.
8. Vitamin B6 can help prevent nausea if taken in large doses. Most prenatal vitamins contain only about 5 mg. Purchase vitamin B6 by itself and take 25mg up to three times a day.
9. Unisom, an over-the-counter sleep aide, has been found to be effective to decrease the symptoms of morning sickness when taken with vitamin B6. Take one 25 mg Unisom tablet with 25 mg of vitamin B6, once in the morning and again at bedtime. Sleepiness can be a side effect of Unisom. If you become too sleepy, you may take a half tablet of Unisom instead of a full tablet. The combination of Unisom and vitamin B6 is safe during pregnancy.

**For questions, call our OB/GYN Department: (763) 587-7916**

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