

5 TIPS TO PREVENT MORNING SICKNESS



Morning sickness is nausea, often with vomiting, during pregnancy. This usually happens because of increased hormones in your body. It is most common during the first 20 weeks of pregnancy.

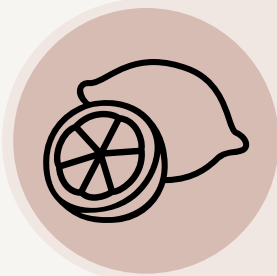
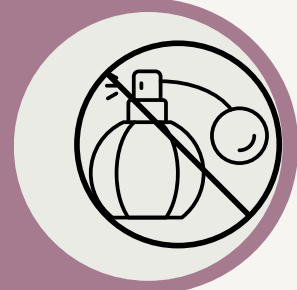


Eat balanced meals

Eating small, frequent and balanced meals throughout the day can help keep your blood sugar levels stable and prevent nausea. Pair carbohydrates with a source of fat and/or protein

Avoid triggers

Avoid foods, smells, or situations that trigger your morning sickness. Open windows to reduce strong smells and choose fragrance-free items.



Try ginger and lemon water

Ginger is a natural remedy for nausea and can help settle your stomach. You can try ginger tea, ginger ale, or ginger candies. Lemons can also be soothing. Drink plenty of fluids throughout the day to prevent dehydration. Sipping on water, herbal teas or ginger ale can also help settle your stomach.

Vit B6 & unisom (doxylamine)

Take vitamin B6 25mg three times daily with 1/2 tab (25mg) doxylamine before bed. If after taking this for one week your nausea is not improved we can prescribe Diclegis, a long acting form of these medications.



Take prenats at night

Sometimes prenatal vitamins can cause nausea, try taking them at night to reduce the chance of morning sickness.

If you are unable to keep food/fluids down OR are not urinating at least every 4 hours, please call and speak with one of our nurses at 802-862-7338