

About Nausea and Vomiting During Pregnancy (Morning Sickness)



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Nausea is a common problem for pregnant women, specially during the **first 4 - 12 weeks**. You may or may not vomit while you have nausea. This nausea is also called “**morning sickness**”. But, many women feel sick later in the day or all day long. Some women feel sick to their stomachs only when they are close to certain foods or smells.

These are **normal** feelings during early pregnancy. They will not hurt you or your baby. Nausea and vomiting usually go away by the fourth month (16th week) of your pregnancy.

What causes the nausea?

There are many causes of this nausea. You might have nausea because:

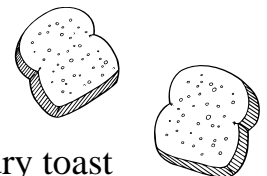
- of changes in hormones (chemicals) in your body
- you are nervous or upset
- of slow digestion of food in your stomach
- you are tired
- of not eating well
- of feeling hungry



How can I stop the nausea?

To stop or lessen nausea, try these things:

- Stay away from things that smell bad to you.
- **Do not** get too hungry or too full.
- **Do not** eat foods that are:
 - hard to digest, like very spicy foods.
 - high in sugar, like candy bars or donuts.
 - high in fat like potato chips, fried foods, or greasy foods.
- **Before** you get out of bed in the morning, eat some crackers or dry toast (no butter). Rest in bed for 30 minutes.
- Only drink **clear** liquids in the morning. Clear liquids are drinks like water, apple juice, lemon-lime soda (7 UP or Sprite), ginger ale, or jello.
- Eat 5 - 6 **small** meals a day instead of 3 large meals.
- Take your iron pills **after** you eat.
- **Tell** your doctor if you are still vomiting after 4 months of pregnancy.
- **Do not** take medicines such as Pepto-Bismol, Alka Seltzer or baking soda.
- **Do not** take any medicine unless your doctor tells you.



Come to the Emergency Department right away if:

- You cannot keep any food or liquids down.
- You have a fever of 101°F (38.3°C) or more.