



Sunrise Women's Healthcare

4540 East Baseline Road – Suite 114
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Remedies for Nausea and Vomiting During Pregnancy

- ❖ Try eating small meals frequently. Try to have food or small snacks in your stomach every 2-3 hours
- ❖ Eat dry crackers in the morning before you get out of bed. Sometimes low blood sugar in the morning can trigger nausea.
- ❖ Drink plenty of water. While pregnant you should try to drink one gallon of water daily. Dehydration can also make you feel nauseous.
- ❖ Try getting plenty of rest. Use a cold washcloth over your eyes when feeling nauseous.
- ❖ Try taking Vitamin B-6 25 mg every 8 hours as needed
- ❖ Ginger capsules, ginger tea, and ginger ale are all supposed to decrease nausea and are perfectly safe in pregnancy in small amounts.
- ❖ If your prenatal vitamins make you sick, you can try Flintstones chewable vitamins or gummy prenatal vitamins. Sometimes taking them at night will help as well
- ❖ Try preparing foods that do not have a strong odor. The scent of food sometimes makes women nauseous.
- ❖ Eat whatever you can tolerate for the time being, even if it's not of nutritional value.
- ❖ Avoid fried, greasy, fatty food ... especially fast food
- ❖ Eat a high protein diet. Try things like eggs, tuna, milk, peanut butter, cheese
- ❖ If protein does not work, try high carbohydrate foods like pasta, rice, potatoes, bananas, toast, or cereal.

If none of these remedies work for you, please call the office. You may need a medication prescribed for you.

BRAT DIET

B	Bananas, Bread
R	Rice, Rice Cereal
A	Apples, Applesauce
T	Toast (dry), Bagel (jelly)

Lipton chicken noodle soup, broths, jello, crackers, grapes and bland food will help as upset stomach.