

d. Nausea and Vomiting

MODULE 2

Causes

Morning nausea and morning sickness are expressions used to indicate the urge to vomit (nausea) or the act of vomiting. This condition usually occurs during the first three months of pregnancy but may last longer. Even if we use the term morning sickness, you may experience this at any time during the day or night.

What can I do?

Certain pregnant women experience nausea while others never do. If you are in the first group, you may be unable to avoid nausea, but you may be able to prevent vomiting by trying the following suggestions. You may have to try several tricks before finding the one that is best for you.

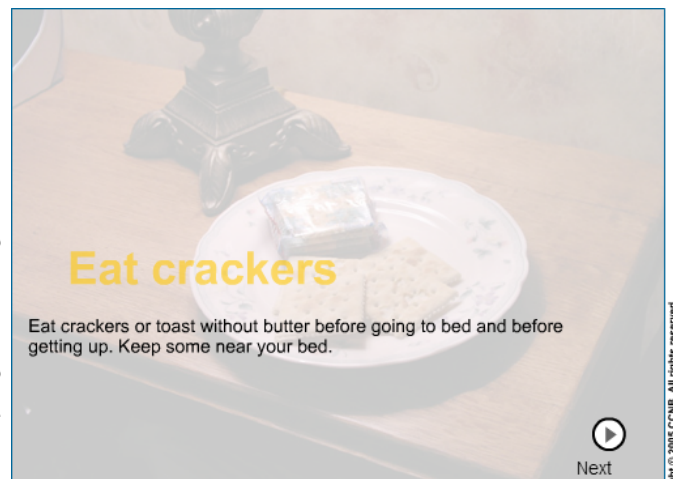


Eating is important

Even if you don't feel like eating, it is important to eat. Nausea is worse on an empty stomach.

Next

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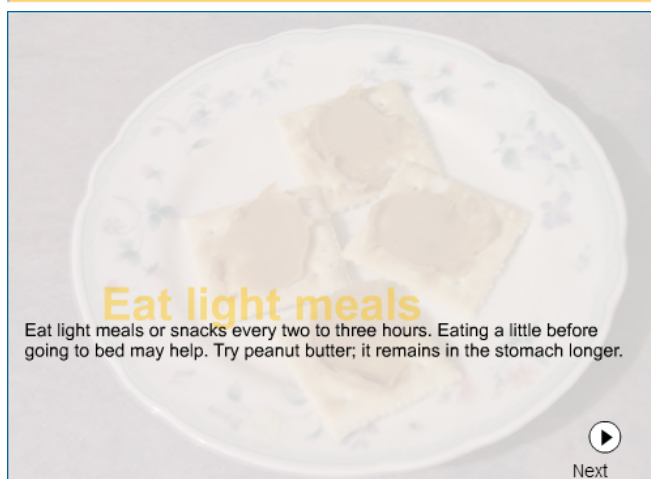


Eat crackers

Eat crackers or toast without butter before going to bed and before getting up. Keep some near your bed.

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Eat light meals

Eat light meals or snacks every two to three hours. Eating a little before going to bed may help. Try peanut butter; it remains in the stomach longer.

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Eat soup

Do not take solid and liquid foods at the same time. Eat soup and drink liquids between meals and not during meals.

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If nothing works?

- Talk it over with your health care provider.
- Do not take any medication without consulting your health care provider.
- Don't worry. Although this is very unpleasant for you, morning sickness will not affect the growth or the health of your baby.