

Tips for Nausea & Vomiting in Pregnancy

- Eat plain, bland carbohydrates before getting up in morning such as soda crackers or rice cakes. Try to eat 20-30 minutes before getting out of bed.
- You might benefit from stopping your iron-containing prenatal in first trimester and take a chewable or gummy prenatal, start regular prenatal when feeling better.
- Avoid foods and smells that may trigger nausea. Cold foods may be better tolerated (sandwiches). Open a window for fresh air or spend time outside.
- Eat several small meals throughout the day (every two hours is a good target). Avoid being too full or too hungry to keep blood sugars stable.
- Include a small amount of protein with each meal and snack (lean meat, chicken breast, eggs, nuts, nut butter, pumpkin seeds).
- Avoid fried foods and other high fat foods. They will remain in stomach longer.
- Drink fluids between meals rather than with meals to prevent feeling too full.
- Diluted sports drink like Powerade or Gatorade may be beneficial when nausea/vomiting is severe.
- Foods and beverages that can calm an upset stomach- gelatin desserts, popsicles, chicken broths and ginger ale (let ginger ale sit on counter for 30 minutes).
- If you are unable to tolerate your prenatal vitamin, stop prenatal until nausea has passed and try 1mg folic acid on it's own. Add prenatal gummy or chewable multivitamin.
- Self care and self-compassion can go a long way during this challenging time.
- Mindfulness practice is a safe, inexpensive addition to any treatment plan.

Medications and Supplements to Relieve Nausea:

- Vitamin B6 can be taken 10-25mg every 6-8 hours
- Treating heartburn or reflux can help with nausea
- Diclectin is considered safe in pregnancy
- Gravol 50-100mg every 4-6 hours, up to 200mg daily
- Ginger tablets 250mg 4 times per day
- Acupressure wristbands are helpful for some

Make an appointment with PIPC's dietitian to implement strategies that are customized for you.

Source: Campbell, K. et. al (December, 2016) "The Management of Nausea and Vomiting of Pregnancy" Journal of Obstetrics and Gynecology Canada.