

# TIPS TO CONTROL NAUSEA WHEN PREGNANT

Nausea or “morning sickness” can occur at any time of the day. Usually it will go away after the third month of pregnancy. If you’re vomiting several times a day or go 24 hours without keeping anything down, call your health care provider. Be sure to check with your provider before you take any medicine.

## EAT THE FOODS THAT SOUND GOOD AND THAT WORK FOR YOU

Right now your first priority is to stay hydrated and keep some food down. Try these tips:

- Nausea may be worse if your stomach is too empty or too full.
  - Eat 5 or 6 small meals a day.
  - Drink your milk, juice and water between meals instead of with your meals.
- Try salty or sour combinations like pickles or lemonade with crackers, popcorn, pretzels or potato chips.
- Go easy on spicy or greasy foods. However, if they sound good and stay down, go ahead and eat them.
- Eat dry cereal or crackers before you get out of bed. If your stomach is empty, it may make your nausea worse.
- Try using lemon and/or ginger, examples include using lemon in water, sucking on them, or eating them, or try ginger ale or ginger snaps.
- If your vitamin supplement is causing the problem, take it with food just before bedtime. If it’s still causing a problem, check with your health care provider.



## TRUST YOUR NOSE

Sometimes smell triggers nausea. Eliminate odors or take steps to decrease them.

- Open a window to let in some fresh air.
- If the smell of cooking food upsets your stomach, use the exhaust fan over the stove, open the window, or ask for help fixing meals.
- Serve cold foods.

## TAKE CARE OF YOUR TEETH

Sometimes during pregnancy, brushing your teeth can make nausea worse.

- Try another brand of fluoride toothpaste for a different taste or less foam or ask your dentist about the need for using toothpaste at all right now.
- Brush your teeth at least twice a day. Brush more often if you eat frequent meals.
- After vomiting, rinse your mouth with 1 cup of water mixed with ½ teaspoon of baking soda. This will decrease the acid left in your mouth and protect your teeth.



## TAKE CARE OF YOURSELF

- Be patient. Your appetite will return and the nausea will get better.
- Stay active. A short walk every day will boost your energy level.
- Be creative. Eat the foods and fluids that help you manage the nausea. Then you’ll be able to make the food choices for a healthy baby and a healthy you.

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