



Nausea typically begins about five to six weeks and peaks at about 11 weeks, resolving by 14 weeks for about half of women who experience it, and by 22 weeks for 90 percent. Persistent or severe nausea beyond the first trimester should be further evaluated. **One or all of any combination of these comfort measures can be tried to find the most effective relief for you.**

- **Eat small, frequent meals**, even as often as every two hours. Nausea is more common on an empty stomach. The more often you eat, the more chances you have to keep at least a little something down. Eat what sounds good to you and try cold foods if smells bother you.
- **Eat a protein snack at bedtime** and keep a supply handy. Each time you wake up during the night eat a snack which will help keep blood sugar stable and prevent morning nausea.
- **Eat dry crackers**, potato chips, lemon drops, ginger cookies, or toast before getting up in the morning.
- Make sure **each meal or snack contains a source of protein** to keep blood sugar stable.
- **Do not brush your teeth immediately after** getting up in the morning or right after eating to avoid stimulating the gag reflex at these susceptible times.
- **Suck on lemon drops** or drink lemonade throughout the day or when nauseated.
- **Avoid foods with strong or offensive flavors** or slimy and overly chewy textures.
- Limit fat in your diet as it is hard to digest.
- Try acupressure wrist bands, like **sea-bands**, at P6 acupressure point per package instructions available at pharmacies, Wal-Mart, Target, etc.

• **Vitamin B6** can reduce symptoms of mild to moderate nausea but usually does not help with vomiting.

• **Unisom** (doxylamine) is a medication that can reduce vomiting and may be combined with Vitamin B6.

If over-the-counter treatments fail, please call your provider to discuss further options at 913-276-7098.

NAUSEA & VOMITING

- **REST!** Nap daily or at least lie down whenever possible.
- Stop prenatal vitamins until nausea resolves and just take **folic acid 400mg** by mouth daily.
- **Ginger capsules 250mg** by mouth four times a day or **eight ounces of ginger tea** four times a day.
- **For mild nausea without vomiting**, Vitamin B6 (pyridoxine) 25mg by mouth three times a day.
- **For mild nausea with mild vomiting**, <two times a day or if no relief from taking Vitamin B6 alone, add Unisom (doxylamine) 12.5mg (1/2 tablet) by mouth at bedtime and continue Vitamin B6 (pyridoxine) 25mg by mouth three times a day.
- **If no relief after four to five days**, try Unisom (doxylamine) 25mg by mouth at bedtime and 5mg (1/2 tablet) in the morning and in the mid-afternoon PLUS vitamin B6 (pyridoxine) 25mg three times a day. May also increase Vitamin B6 to 50mg at bedtime with 25mg in the morning and mid-afternoon if needed.
- **Unisom can cause drowsiness.** Start with bedtime dose for four to five days first to decrease drowsiness then add as needed and as tolerated in the morning and afternoon. **NOTE:** Bedtime dose helps with morning nausea, morning dose helps with afternoon nausea, and afternoon dose helps with evening nausea so adjust times for your particular needs.

