

NAUSEA IN PREGNANCY

The nausea you experience during pregnancy is temporary. It usually diminishes after the end of the first trimester. However you may experience some nausea occasionally throughout your pregnancy.

Here are some general guidelines that may help.

- Eat several small, frequent meals. Even a few bites can help. It is usually better to eat 5 or 6 small meals instead of 3 large ones.
- Keep a source of dry carbohydrates such as saltine crackers near your bed. Eat a few before you get out of bed in the morning if you experience nausea in the morning.
- Carry some crackers with you, so you may eat a few when you experience nausea during the day.
- Take liquids between meals. Do not wash your food down.
- Avoid spicy, fries or fatty foods.
- Take your prenatal vitamins after a meal.

List of foods that should not make your nausea worse

Beverages: skim milk or fat free buttermilk, coffee, tea, unsweetened carbonated beverages

Cheese and other milk products: cheddar cheese, cottage cheese, plain yogurt

Eggs: Prepared any way except fried

Meat, Fish or Poultry: Lean cuts prepared any way except fried or gravy

Fruits: Fresh, unsweetened canned, cooked or frozen. Some easily tolerated are applesauce, apples, grapes, pears, bananas, berries, rhubarb, cantaloupe, watermelon. Try to include citrus fruit as tolerated.

Vegetables: Fresh, frozen or canned. Try to include both yellow and greens vegetables.

Potato or Substitute: May replace bread at meals. Mashed, baked or boiled potato, rice, noodles or plain pasta.

Cereal: Hot or unsweetened cold

Bread: Whole grain or enriched plain bread, crackers

Sweets: White, brown or maple sugar, honey, molasses, jelly and jam, cream mints, gum drops or hard candies

Others: Clear broth, fat free bouillon, Jello

List of foods that may increase your nausea

Beverages: Any other than those listed in foods that should not make your nausea worse

Cheese: Any other than those listed in foods that should not make your nausea worse

Eggs: Fried

Meat, Fish or Poultry: Fatty or fried meat, fish or poultry

Fruit: Avocado, dried fruit, sugar sweetened canned, cooked or frozen

Vegetables: Any other than those listed in foods that should not make your nausea worse

Potato or substitute: Fried potato, potato chips, creamed or scalloped potatoes

Cereal: Sugar coated cereals

Bread: Quick breads, coffee cake, pancakes, waffles and sweet rolls

Sweets: Any other than those listed in foods that should not make your nausea worse

Others: Gravies, pastries, rich desserts, whipped cream, highly seasoned foods, fats, fatty foods, nuts, olives, doughnuts, buttered popcorn, rich stews and soups

If diet does not control persistent vomiting, medicine may be needed. There are several medications and products that can be purchased over the counter to help control nausea.

Vitamin B6 has been shown to help with nausea during pregnancy. Products that contain vitamin B6 are B-Natal and Preggy Pops. They are available at most drug stores and Babies R Us.

Emetrol is another over the counter product that is safe to use during pregnancy.

There are also products such as Sea Bands, which are for nausea and can be purchased at most drug stores. They are made for sea-sickness but some patients have found they help with nausea.

If dietary changes and over the counter medication do not help your nausea, call the office so your doctor can order a prescription medication. If none of this works you need to notify your doctor.