Morning Sickness: Nausea and Vomiting of Pregnancy

- Nausea and vomiting during early pregnancy, sometimes called Morning Sickness, can happen any time of the day.
- Morning sickness usually begins about the 6th week of pregnancy and gets better by the 13th week.
- Morning sickness probably happens because hormone levels in your body change rapidly during early pregnancy.
- Stress, not eating for several hours, or certain odors may trigger morning sickness.
- You may worry about the health of your baby if morning sickness is a problem. If you are in good health before pregnancy, your growing baby will have enough nutrients for the first months of pregnancy.

Tips on what to do:

- **Rest:**
  Take more frequent rest periods or naps. Keep a slice of toast, saltine crackers, pretzels, or dry cereal at your bedside. It may help to eat something before you get out of bed.

- **Diet:**
  Eat small meals frequently to avoid an empty stomach. Foods that are easy to digest include: dry foods, toast, bagels, saltine crackers, cereals, pasta, and potatoes. Drink water, juices, and other fluids between meals.

- **Liquids:**
  When vomiting occurs, take sips of clear liquids only. As the nausea passes, increase the amount of liquids to ½ cup every 1 hour. Some examples of clear liquid are jell-o, clear soft drinks (7-UP), apple juice, tea, and broth.

- **Avoid greasy or highly seasoned foods:**
  High fat foods or highly seasoned and spicy foods may cause your symptoms to get worse. It is best to avoid these foods.
Follow-Up

Call your doctor, clinic, or go to the Emergency Department if:

- You cannot keep liquids down for 24 hours.
- You have abdominal pain, fever, dizziness, severe weakness or feel faint.

These may be signs of a more serious problem.