

## Nausea and Vomiting in Early Pregnancy (NVP)



Your baby is in the process of becoming a little human being! The protective surrounding of the embryo has begun to produce a hormone called HCG. Responsible for making that home pregnancy test positive, it is also thought to amplify 'so-called' morning sickness. The interplay of diet, hormone changes and blood sugar levels also contribute to the symptoms. For most women who experience early-pregnancy related nausea, weeks 6-14 tend to be the most difficult. While it is often referred to as morning sickness, nausea and vomiting in pregnancy is often not limited to the morning.

### Self Care

- Keep crackers or toast by the bedside with water bottle with Electrolytes such as Liquid IV. Take a few bites before rising out of bed. Stay in bed for 15 minutes or so and move about slowly when you get up.
- Eat small frequent mini-meals every 2 hours that have a carbohydrate and protein elements. The carbohydrate brings up your blood sugar and the protein help it to stay elevated for longer periods. Avoid going too long with out eating small amounts as this can actually make nausea worse.
- Avoid fatty, greasy foods.
- Take a food based good quality prenatal vitamin! But never on an empty stomach.
- Pay attention to how you feel after you take your prenatal vitamins. If they are contributing to the nausea discuss this with your midwife! A different supplement might be needed, or may need to be delayed for a few weeks. Another idea is to take them right before you fall asleep.
- Drinks: Sparkling water, ginger ale, teas, warm milk, water with mint, lemon, or ginger... what helps one woman may make another feel more ill.
- Limit consumption of liquids WITH meals.
- Avoid coffee as it increases the acid production of the stomach which heightens nausea.
- Lemons! Smell them, suck on lemon slices or squeeze the juice in small amount of water.
- Mint! Tea, breathe mints, chewing on fresh mint or adding to drinking water.
- Ginger! Tea, candy, Gingersnap Cookies, fresh ginger in hot water.
- Nausea aid: Preggie pops, Queasy Pops, Pink Stork Nausea Tea/lozenges/Tablets
- Have an acupuncture session: Talk to your midwife for a recommendation.
- Unisom and B6 10 to 25 milligrams (mg) of vitamin B-6 every 8 hours and 25 milligrams of Unisom at night (will make you sleepy).
- In home IV from a traveling IV service

### Please Remember

Remember that what may work well for one woman may not work for you. **If you are vomiting uncontrollably you may need to go to the emergency room!**

### Reasons to call your Provider

- The vomiting is not getting better
- You're urinating less, and your urine appears darker in color
- Your mouth, eyes, and skin are feeling dry
- You are feeling increasingly tired
- Your mental acuity is lessening
- You are feeling increasingly weak and faint
- You haven't been able to eat or drink or keep anything down for 24 hours