

NAUSEA DURING PREGNANCY

TIPS THAT HELP

Are you suffering from nausea during pregnancy? Many women have nausea or “morning sickness” during the first few months they are pregnant. Nausea is caused by the pregnancy-related hormone changes in your body. Although it is most common in the morning, it can go on all day.

Here are a few ways you can help feel better...

- Do not use coffee, cigarettes or alcohol. They can upset your stomach & harm your baby

You may want to stay away from:

- Stale odors
- Strong cooking odors
- Smoke
- Cleaning fluids or paints
- Perfumes or other smells
- Crowded places
- Places with no fresh air

Stay away from foods that make your nausea worse such as high fat foods, fried foods, and dishes with strong spices. Listen to what your body wants. Eat foods that:

- Taste good to you
- Keep you from having nausea and vomiting

Get plenty of fresh air

- Open windows, use fans
- Take brisk walks outdoors

Get up slowly in the morning

- Put crackers, fruit, or fruit juices near your bed
- Take a few bites before getting up

Drink fluids at least one-half hour before or after mealtime

- Sip small amounts of liquid as often as you can
- Add lemon to water and add water to juices

Eat snacks or small meals every two or three hours while awake, even if you are not hungry