



AN AFFILIATED PRACTICE OF

Yale Medicine

Greater New Haven
OB/GYN Group

TIPS FOR NAUSEA AND VOMITING

The syndrome of nausea sometimes associated with vomiting is often called "morning sickness", and it can occur at any time during the day. For most women this usually passes by the 16th week of pregnancy. The following suggestions may help to make that part of your pregnancy more bearable.

- Small frequent meals of mild flavored food are usually helpful in controlling nausea. An empty stomach seems to worsen the condition. Carbohydrate foods generally are best tolerated in early morning. Dry crackers, toast, bagels, or bread taken before you get out of bed in the morning may help. Eating Protein (eggs, cheese, nuts, meats, etc.) with carbohydrates help to stabilize blood sugar and may prevent nausea. Avoid greasy, fried, or highly spiced food. These are hard to digest and may worsen nausea.
- A late night snack may help control morning nausea. Good choices include yogurt, cottage cheese, juice or milk.
- Sipping room-temperature caffeine-free sodas, fruit juices, seltzer water or sports drinks may settle your stomach.
- Toothpaste or teeth brushing triggers nausea and vomiting in some women. Brushing with water or baking soda may help. Avoid brushing the back of your tongue or mouth if that triggers a gag response.
- Fresh air and exercise are often helpful. Take a short walk or open windows, especially when cooking or times when strong odors may be present.
- Ginger or peppermint teas may be helpful.
- Vitamin B6 (Pyridoxin 25 mg 3x a day) can be very helpful.
- Doxylamine (Unisom 25mg 2x a day) can help with nausea, however it may make you sleepy so, you may want to restrict its use to bedtime or other times of rest.
- Seabands (wrist bands for motion sickness) can be found at travel, marina, or sports stores and sometimes pharmacies. Be careful not to apply them too tightly as to restrict normal blood circulation.

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