

# Morning Sickness

*How to cope and feel your best*

## What causes Morning Sickness?

This type of nausea and vomiting occurs most likely in the first trimester of pregnancy and can affect a woman at any time of day. The increase levels of hormones, stress, sleep disruption, and increased sense of smell all contribute to this situation.

## Will it affect my pregnancy?

Morning Sickness will not cause any harm as long as you are able to keep fluids and a healthy diet down. Dehydration is something you want to avoid.

## Is a cure available?

There is not a cure with morning sickness, but there are many ways to alleviate the symptoms. You can always reach out to your Physician about other ways to reduce the nausea and vomiting during pregnancy.

## Tips:

- Eat a few crackers before getting out of bed first thing
- Smaller, frequent meals during the day
- High protein and complex carbs are good options
- Always have something to drink with you throughout the day
- Avoid fatty, spicy, fried foods
- Keep fresh air moving for comfort and smell
- Continued exercise is recommended by healthcare providers
- Prenatal vitamins are best administered when you can best tolerate them
- Discuss with your Physician which things to take such as B-6, ginger, or possible anti-nausea prescriptions to help
- Rest
- Avoid smoking and secondhand exposure
- Acupuncture or pressure wristbands

## When to call a Physician:

- Nausea and Vomiting aren't improving (vomiting more than 3-4 times in a 24 hour period)
- You are losing weight
- Vomit contains blood or coffee ground-like material
- Unable to keep any fluids down
- Unusual non-food cravings, such as dirt or metal