



MORNING SICKNESS

How to cope and feel your best.



WHAT IS MORNING SICKNESS?

Morning sickness refers to nausea and vomiting during pregnancy, most often during the first trimester. It is most common in the morning, but some women experience it at other times or even all day long.

WILL MORNING SICKNESS 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.

WHAT CAUSES MORNING SICKNESS?

The causes are unknown, but it may be the result of physical changes in the body during pregnancy, including an increase in hormones. Stress, inadequate sleep, and an increased sense of smell may also contribute.

WHAT ARE THE SYMPTOMS?

Symptoms include nausea, vomiting, and loss of appetite.

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 your pregnancy.



WHEN TO CALL A PHYSICIAN:

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

TIPS TO HELP:

- 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
- Rest
- Avoid smoking and secondhand exposure
- Acupuncture or pressure wristbands

