

# Nausea and vomiting of pregnancy



## What causes nausea and vomiting?

While it is unclear what causes nausea and vomiting during pregnancy, it may be due to a combination of the many physical changes taking place in your body and the rapid rise of certain hormones, especially human chorionic gonadotropin (hCG). The main hormone of pregnancy, hCG is produced by your placenta. Because women with multiples have larger placentas, their hCG levels are higher and they may be more likely to have nausea in pregnancy.

## When does it begin and how long does it last?

“Morning sickness” typically begins around six weeks into your pregnancy, but it can begin as early as four weeks. Not all women experience nausea and vomiting in pregnancy and the severity of symptoms varies among women.

Typically, nausea and vomiting go away by the end of the first trimester (12 weeks), but this varies also.

## Does it occur in the morning only or all day?

For some women, symptoms are worse in the morning and ease as the day progresses. Others experience symptoms throughout the day.

## What symptoms might accompany nausea and vomiting?

You may be very sensitive to smells.

Your gastrointestinal tract may be more sensitive to certain foods, even those that are common to your daily diet. You may no longer be able to tolerate the smell or taste of your favorite foods.

## Strategies to help relieve the symptoms of nausea and vomiting:

- Take your prenatal vitamins in the evening with food.
- Try a chewable, liquid or coated prenatal vitamin.
- Focus on smaller meals.
- Avoid high fat, greasy foods.
- Try anti-nausea wrist bands that provide acupressure (the brand Sea-Bands is available at most pharmacies).
- Have a dairy product such as milk, yogurt, kefir, cottage cheese or ice cream in the evening before you go to bed.
- Add ginger to your diet:
  - Tea (see recipe on reverse side)
  - Capsules – 1g (1000 milligrams) daily
  - Ginger ale or ginger lollipops
- Keep crackers or other snacks by the bedside. If your symptoms are worse in the morning, eat a few crackers before getting out of bed.
- Keep a food diary so you can identify what foods increase your nausea.
- Take 50 mg of vitamin B6 daily.
- Avoid tight fitting or uncomfortable clothing.
- Don't go too long without eating and drinking; this can cause your blood sugar to drop and trigger nausea.
- Try popsicles or lollipops designed for morning sickness.

## Hyperemesis gravidarum

Hyperemesis gravidarum (HG) is a rare disorder characterized by severe and persistent nausea and vomiting during pregnancy. It may require hospitalization.

As a result of frequent nausea and vomiting, affected women experience dehydration, vitamin and mineral deficits, causing them to lose more than 5% of their original body weight. Extreme circumstances may require intravenous fluids, antiemetics (medications that help reduce the symptoms of nausea and vomiting) and additional specialized nutritional support to prevent further vitamin deficiencies and weight loss.

### Call your doctor immediately if you are:

- Unable to keep food or fluids down for more than 24 hours
- Becoming increasingly weak and fatigued
- Unable to concentrate or think clearly
- Experiencing signs and symptoms of dehydration (mouth, eyes, skin feel dry)

### Recipe for ginger tea:

- Two-inch piece of ginger (no need to remove skin) cut into small slices
- Four cups water
- Lemon slice and honey (optional)

Put the water in a saucepan and bring it to boil. Add the slices of ginger. Reduce the heat, cover the saucepan and let it simmer for about 15-20 minutes. Strain the liquid. Add lemon and honey to taste.

For a twist, allow the tea to cool in the refrigerator and pour over ice to drink.

### Resources and products

[www.morningsicknesshelp.com](http://www.morningsicknesshelp.com)

[www.sea-band.com](http://www.sea-band.com)

Preggie Pops

Mommy Bliss Morning Sickness Magic