

If you are unable to keep food or water down for any length of time, PLEASE talk to your midwife or doctor to see what can be done. Extensive weight loss / dehydration can be harmful to both mom and baby. Severe nausea and vomiting needs to be evaluated for the possible need for medications or fluid replacement.

The good news is that nausea and vomiting of pregnancy is *not* usually associated with poor pregnancy outcomes. It usually peaks between the 8th - 12th weeks of pregnancy and then begins to taper off. Most women will have complete relief by the time they are 14 - 16 weeks along in their pregnancy.

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References:  
Holistic Midwifery Vol. I Anne Frye  
Varney's Midwifery 3rd Ed

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# Nausea and Vomiting Of Pregnancy

## Tips and Suggestions For Coping

No one understands completely all the causes of "morning" sickness, or why some mothers don't seem to be bothered by it while others are miserable or even incapacitated. The two main causes seem to be the rapidly rising hormone levels in early pregnancy and hypoglycemia, or low blood sugar. You can't do anything about hormone levels, but you can definitely work on keeping your blood sugar at a steady level. Other factors that impact nausea and vomiting of pregnancy are fatigue, becoming over heated, and apparently your level of vitamin B6, since B6 supplements have been found to provide a great deal of relief in many cases.

The suggestions in this pamphlet are some specific measures you can try to help overcome your nausea and vomiting. If one doesn't work, don't give up. Every woman is different, and what works for one may not work for you. Try something else. Sometimes it is the thing that sounds the worst to you that is exactly what you need.

1. Eat small amounts throughout the day BEFORE you feel hungry. This keeps the blood sugar from dropping too low before eating. Always eat something at least every two to three hours. The worse the nausea, the more frequently you should eat, even every hour if necessary, but in smaller amounts. Try to make healthy choices, but when the nausea is really bad, eating anything is better than eating nothing. Keeping a bowl of food, such as some raw cut-up vegetables, available at all times will make this much easier. Other easy-to-grab food suggestions: yogurt, cheese sticks, crackers and cheese or peanut butter.
2. Eat something just prior to going to bed at night. This will help keep your blood sugar from falling too low before morning. Yogurt is a good choice, but anything will do. Don't overfill your stomach. It is a good idea to keep something, such as a couple of peanut butter crackers, next to your bed to eat in case you wake up at night. In fact, frequent waking may be a sign of your blood sugar dropping. Your body is signaling you that it is hungry, even if you don't feel it!
3. Eat something prior to getting out of bed in the morning. Give it a chance to settle some before getting up and moving around.
4. Eat foods you know will settle your stomach; yogurt, cottage cheese, cereal, toast, crackers are a few suggestions. Sharp cheddar cheese may be well tolerated by some women as the sharp smell and taste increases salivation and digestion, placing less burden on the stomach. Avoid spicy or greasy foods
5. Eat a high complex-carbohydrate food, such as crackers followed by a high protein food 20 minutes later. Or, eat an unrefined sweet food, such as fruit, followed by a high protein food shortly afterwards. (The sweet will begin to bring the blood sugar up and the protein will help to stabilize it.)
6. Try eating something salty before a meal. It can help you "make it through" a meal.
7. Eat a boiled egg. While this may sound awful, eggs are perfectly balanced protein and can calm the nausea quickly in some cases.
8. Get someone else to cook for you. Sometimes by the time you have prepared and cooked a meal the sight and smell of it will repel you.
9. Try nibbling on frozen juice bars or ice chips from herb teas (red raspberry, spearmint, ginger, peach tree, etc.)
10. Don't eat and drink liquids at the same time. Wait 20 - 30 minutes after eating before you drink.
11. Try putting a little lemon juice in your water.
12. Try different temperatures of drinks. Some find very cold/icy better, while others find that something hot goes down easier.
13. Herbal teas that work particularly well are ones made from combinations of red raspberry, ginger root, and peach tree leaf. Use only leaves that are pesticide free. Mints are also good.
14. Ginger in capsule form, 250 mg. three times daily can be beneficial. Ginger has long been associated with alleviating nausea. You can also get the benefit of using ginger by chewing on crystallized ginger or sucking on ginger hard candies.
15. Do not take your supplements on an empty stomach. Don't try to take them at all when the nausea and vomiting are really severe, except maybe B6. Take prenatal supplements later in the day instead of morning, or whenever you know the nausea is not as bad.
16. Take B complex and try extra B1 and B6 for 2 weeks (long term use of isolated B vitamins can cause deficiencies of the others). Many women have dramatic improvements when they supplement with B6. You might start with trying 50 mg twice daily, once 20 minutes before arising and once at night, along with 400 mg of magnesium each morning.
17. B-natal™ TheraPops™ for Morning Sickness. For occasional morning sickness, take one B-natal as needed. An additional B-natal may be taken 8 hours later. If you have recurring pregnancy morning sickness, take 1 B-natal in the morning, take the 2nd B-natal 8 hours later. Repeat dosing cycle for 3 days; skip 2 days. Repeat above 5-day cycle for as long as needed. Vitamin B6 works best when taken with intervals of rest. It is suggested that you skip 2 days between each 3-day dosing cycle for maximum morning sickness relief benefits. Never exceed 2 B-natals in any 24-hour period. The product package will contain the most recent product information and directions for use. B-natals can be ordered on-line or by phone from several places. Check local maternity stores also.
18. Acupressure wrist bands can be purchased which put pressure on the anti-nausea point at the inner wrist. These work wonderfully for some women. (These may be sold as "seabands" or "motion sickness" bands and are available at some health food stores or pharmacies.)
19. If odors bother you carry a handkerchief with a few drops of a non-nausea causing essential oil (lemon for example) in it and breath through it if you can't get away from the smell that is bothering you.
20. SLEEP! Fatigue makes everything worse. Take a nap if you are able. Rest.
21. Dizziness may accompany morning sickness. Lie down with a very cold cloth across your eyes and breathe evenly and deeply until the dizziness passes. Darkening the room may also help.
22. Sometimes the best thing to do when you are feeling very nauseous is to just go a head and vomit! Once you have thrown up you will frequently feel better.
23. If you vomit, eat again right away.