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NAUSEA AND VOMITING IN PREGNANCY

This is very common symptom for many women during their pregnancy. Fortunately, nausea and vomiting usually resolves around the end of the first trimester. Until you get far enough along in your pregnancy for the problem to stop, there are some things you can do to help.

- Eat frequent, small meals instead of a few large meals each day
- Try to hydrate yourself well with Pedialyte, Gatorade, and/or water. Try to avoid caffeinated beverages such as coffee, tea, or coke. The caffeine may dehydrate you further.
- Clear liquids are the best liquids. If you cannot see through the liquid, it is not clear.
- Bland foods are better than spicy foods. Bananas, rice, apple sauce, plain toast and saltine crackers are good for you when you are nauseated.
- Over the counter vitamin B6 (take up to 3 times a day) plus 1 Unisom (doxylamine) at bedtime.
- Ginger is known to help reduce nausea and vomiting
 - Ginger drops
 - Ginger tea
 - Ginger candy
 - Ginger ale

We can also provide you with prescription anti-nausea medications if needed. If you do not have any relief with these tips and are not feeling better, you may need to be checked for dehydration. Call our office at 256-265-6512.