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NAUSEA AND VOMITING DURING PREGNANCY

Nausea and vomiting during early pregnancy is called morning sickness. It can happen any time of the day. It often occurs between the 6th and 13th week of pregnancy. If you were in good health before pregnancy, your baby will not be affected by morning sickness.

If you have morning sickness:

- *Rest or nap often*
- *Eat small meals often to avoid an empty stomach. Keep toast, saltine crackers, pretzels or dry cereal by your bedside. It may help to eat before you get out of bed in the morning.*
- *Drink liquids between meals, but not during meals.*
- *Take sips of clear liquids, like Jell-o, clear soft drinks, apple juice, tea or broth, when vomiting occurs. As the nausea passes, increase liquids to a ½ cup every hour.*
- *Avoid greasy or spicy foods.*
- *Keep notes of when vomiting occurs and anything that makes it worse, such as certain foods, odors, activities or stress. Share this information with your doctor.*

Call the doctor right away if you:

- *Cannot keep liquids down for 24 hours*
- *Have stomach pain, fever, dizziness, severe weakness or feel faint.*
- *Have weight loss of more than 10 pounds*
- *Have very dark yellow urine or do not urinate for long periods*