



**NORTH FLORIDA WOMEN'S PHYSICIANS**

Building healthy relationships.

# Tips For Managing Nausea During Pregnancy

1. Eat small frequent meals—"graze" every 1½-2 hours so your stomach is never completely empty. Avoid large meals or eating quickly.
2. Keep crackers (or pretzels, dry bread or a bagel by your bedside—sometimes eating a little bit before getting up will help a lot.
3. Don't worry about adhering to a balanced diet unless you are diabetic, just eat whatever appeals to you until the nausea goes away. Greasy foods will make nausea worse!
4. You may notice nausea is worse when you brush your teeth. Switching toothpaste brands may help—bubble gum flavored toothpaste is often good. Try to avoid brushing your tongue.
5. Acupressure wrist bands sometimes help (sold in drug and health food stores).
6. Relaxation exercises and even hypnosis sometimes work well.
7. Prenatal vitamins can make your nausea worse; try taking them just before bed at night, and if that doesn't help, stop taking them until you feel better for a few days. Take vitamins with food.
8. Avoid perfumes, busy kitchens and other places where different odors may be strong. Lemon or peppermint is helpful—avoid having an empty stomach.
9. Do not put liquids in an empty stomach—food first! The same rule applies to activity—food first!
10. Try a protein snack at bedtime—half of a cheese or meat sandwich.
11. The "BRAT" diet may help: Bananas, rice, applesauce, toast. Bland, easy to digest carbohydrates are best tolerated for most people.
12. If you are bothered by too much salivation, sucking on lemon drop candies may help, or put some lemon juice in a glass of water.
13. Try Vitamin B6. Sometimes taking 25 mg three times a day can help (it's considered to be safe).
14. Don't try to push fluids until you can keep something solid down. Fluids alone often won't work. Remember, solids first, then liquids!

Most importantly, don't worry about nausea in pregnancy. It's harmless to both you and your baby. **If you aren't keeping anything down for 24 hours or more, give us a call and we'll help.**