

Treatments for Nausea and Vomiting in Pregnancy

Feeling Nausea during the first three months of pregnancy is very common. For some women, it can last longer, while others may not experience it at all.

- Try to eat 5-6 smaller meals a day in order to keep your stomach full at all times. Try bland foods like plain crackers, toast, dry breakfast cereal, as well as carbonated drinks like ginger ale or 7-up
- Drink 8 glasses (8 oz) of liquid every day. You can also get your fluids by ice pops, soups, water ice, and jello. All liquids should be at room temperature. It's important to stay hydrated
- Ginger is a natural treatment for nausea. Ginger capsules/Ginger ale/Gingersnaps/ Ginger tea. Peppermint can also be used.
- Some over the counter medications are also safe. Over the counter medications include: Benadryl 25-50 mg every 4-6 hours, Dramamine 50-100 every 4-6 hours, and B6 10-25 mg three times a day with Unisom 25mg to be taken at night.
- Sea bands: frequently used by travelers
- Avoid strong smells, such as cologne and strong food odors
- If the symptoms become severe or you are unable to keep fluids down without vomiting for more than 12 hours, contact the office.