



Hyperemesis in Pregnancy

Nausea and vomiting occurs in 50-90% of pregnancies. Normally, it resolves by 17 weeks of gestation (around 4 months) in most women. It is unknown what causes the symptoms and why some women have very little nausea, while others have a great deal. Identifying and avoiding triggers of nausea may help avoid the symptoms. Other options include:

- Avoid intense smells (avoid cigarette smoke and perfumes, have someone else change the baby's diapers, etc.).
- Avoid spicy, greasy or fried foods; if the smell of cooking foods worsens the nausea for you, have someone else do the food preparation.
- Try multiple small meals, (6 or more) instead of 3 larger meals each day.
- If you are taking prenatal vitamins or iron tablets, try stopping them. If you are in the first trimester, you may substitute a separate folic acid supplement for the prenatal vitamin. Do not stop any other prescribed medication without discussing it with your physician.
- Try ginger products such as tart ginger ale, pickled ginger, ginger preserves or ginger tea. Ginger capsules (250 mg 4 times a day) can also help.
- Drink natural teas, such as those made from raspberry, peppermint, spearmint, fennel or anise.
- Seabands (sold in many drugstores to control motion sickness) can decrease nausea.
- Vitamin B6 (pyridoxine) 10-25 mg 3 times a day can reduce nausea.
- The smell of lemons calms some women's stomachs-try lemonade or simply smelling lemons (you can keep one in a plastic bag and carry it with you.)
- Hot cinnamon candies can decrease your nausea.
- Try lying down as much as possible.
- Eat juicy fruits (watermelon, cantaloupe, etc.)
- Avoid extremes of temperature; try to stay in cool or air-conditioned places during hot days and dress warmly enough on cold days to avoid turning the heaters up very high.

If your symptoms continue even after trying these options, if you go more than 24 hours without tolerating fluids, or if you have unintentionally lost more than 5 lbs. since becoming pregnant, please contact our nurses for more information.