



Nausea and Vomiting

I have severe nausea and vomiting. What can I do?

Nausea and vomiting are very common in pregnancy and affects 70 – 85% of women. Hormonal changes, emotional factors, and delayed emptying of the stomach can all contribute to these symptoms. These symptoms may occur any time of day or night.

We recommend eating small, frequent meals that combine protein and carbohydrates every 2-3 hours. You may also try eating a small, bland snack (such as crackers or toast) before getting out of bed in the morning. Instead of eating three large meals, try eating six smaller meals spaced evenly throughout the day. Eat your meals dry and wait 45 minutes before drinking fluids.

Limit fatty and spicy foods. Eat foods high in protein and B Complex: nuts, dried fruits, brown rice, peanut butter, cheese, etc.

If you feel that your nausea is getting worse, try taking half to one Unisom tablet with one tablet of Vitamin B6 (50 milligrams) twice daily for two days. If there is no improvement, this can be increased to three times a day for 2-3 days. You may even increase to four times a day if needed. You may remain on this indefinitely.

Other remedies for nausea include Emetrol, Ginger (in the form of tea, root powder, capsules or extract up to 1,000 mg/day), Accupuncture, Accupressure wrist bands (Sea Bands) and B-Natals or Pregger Pops (available at Babies R Us).

The American College of Obstetrics and Gynecology recommends Vitamin B6, 25 mg by mouth 3-4 times per day as the first line of treatment for nausea and vomiting. Prescription anti-nausea drugs are available if needed.

