

## **Suggested Interventions for Nausea and Vomiting in Pregnancy**

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### **Prevention:**

- Eat small amount of food every 3 – 4 hours.
- Eat:
  - o low fat protein foods
    - Lean meat, broiled or canned fish, poultry without skin, eggs, boiled beans
  - o easily digested carbohydrates
    - Fruit, fruit juices, breads, cereals, rice, pasta, potatoes
- Such foods provide important nutrients (including B vitamins) and may help prevent low blood sugar, which can cause nausea.
- Drink soups and other liquids between meals, rather than with meals, as not to overly distend the stomach and trigger vomiting.
- Avoid greasy or fried foods, which may produce nausea because they are hard to digest. Even the aroma from cooking such foods can cause nausea.
- Eat lightly seasoned foods, but salt to taste.
- Sit upright after meals, to reduce the frequency of gastric reflux.
- Have a snack before going to bed or during the night.
  - o Yogurt, milk, juice, bread, a small sandwich
- Eat a piece of bread or a few crackers before getting out of bed in the morning or when nauseated.
- Get out of bed slowly. Avoid sudden movements.
- Avoid brushing teeth immediately after eating or right away in the morning.

### **Remedies:**

- Rest as needed with feet up and head slightly elevated.
- Slowly sip a carbonated beverage or carbonated water when feeling nauseated.
- Fresh air may help. Take a short walk or try sleeping with a window open. When cooking, open windows or use the exhaust fan to get rid of odors.
- Drink herbal teas:
  - o Spearmint, raspberry leaf, peppermint, chamomile, ginger root