

Morning Sickness

Many women experience the horrible nausea (and sometimes vomiting) that comes with the numerous wonderful qualities of pregnancy. Some women may experience it worse than others or not at all. And if you did or did not have “morning sickness” during your last pregnancy doesn’t mean that the same will be true this time around. Every pregnancy is different.

- Usually occurs around 6 weeks and subsides around the 12th week gestation.
 - Can occur at any time of the day (or night).
 - It is a result of an increase in hormones.
- Many doctors think it is a sign that the placenta is developing well.
- Some research found that women who had morning sickness were much less likely to suffer a miscarriage.

Is It Harmful?

Typically, morning sickness is not harmful, but it can have the potential to be. If you begin to experience extreme vomiting or severe nausea, weight loss, and/or electrolyte disturbance then contact your care provider immediately. Mild cases can be treated with dietary changes, rest, and antacids. More severe cases are treated with IV to receive fluids and nutrition. These cases can be harmful to both you and your baby. You may also talk to your care provider if you can’t keep food down or if vomiting is accompanied by pain or fever.

Alleviate Symptoms

Some things that may help alleviate the symptoms:

- Eat small meals often
- Drink fluids ½ hour before or after each meal (but not with meals)
 - Drink plenty of fluids during the day-
 - Eat soda crackers 15 minutes before getting up
- Ask someone else to cook for you if the smell bothers you and/or open the doors and windows to rid of the smell
- Get rest and nap when you can
 - Avoid warm places
 - Sniff lemons or ginger
 - Drink lemonade
 - Eat watermelon
 - Exercise

Avoid:

- Lying down after eating
- Skipping meals
- Cook or eat spicy foods if it makes you nauseous



Jessica Fibbe
Birth & Breastfeeding Services