

Morning Sickness

Nausea/vomiting can begin early in the pregnancy, and usually ends by the end of the 3rd month. Certain smells/aromas may trigger your nausea and vomiting. It is helpful to try and identify any special trigger and you will have more control over how you feel. Often a trigger can be a very ordinary smell and is therefore easy to miss. Some smells that may trigger nausea and vomiting are: hair products, certain body or breath odors, bathroom smells, pet odors, personal hygiene, make-up or perfumes, smells that get into clothing, kitchen, bedroom and workplace smells. Look for a pattern as you try to identify smells. Some helpful suggestions in managing your nausea/vomiting include:

1. Keep some saltine crackers at your bedside and nibble on a few of those prior to getting out of bed to neutralize your stomach acids.
2. Eat only small amounts of food at a time. Eating 6-8 small meals a day is more advantageous than 3 larger meals. A late evening or middle of the night snack can be beneficial.
3. Avoid spicy, heavily seasoned, or greasy foods. However, if there is a food that really sounds appealing to you, eat it in small quantities, to ascertain your tolerance of it.
4. Do not eat and drink at the same time. Drinking fills up your stomach, creating a “feeling of being overly full” making you throw up. Drink liquids slowly before or after meals.
5. Try to get in the habit of sipping fluids throughout the day, instead of drinking a large amount in one setting.
6. Some people have found drinking weak tea, caffeine free drinks, cold fruit juices, Gatorade, liquid Jello, popsicles, or crushed ice easier to handle.
7. When feeling nauseated, try smelling/inhaling the scent of a freshly cut lemon.
8. Lemon drop hard candy has also been found provide relief during an episode of nausea.
9. Acupuncture has been found to be beneficial for some patients.
10. Whatever sounds appealing to you is worth trying. Take it “one day at a time.”