

# Nausea and Vomiting During Pregnancy

Nausea and vomiting during early pregnancy is called morning sickness. It can happen any time of the day. It often occurs between the 6th and 13th weeks of pregnancy. If you were in good health before pregnancy, your baby will not be affected by morning sickness.

## **If you have morning sickness:**

- Rest or nap often.
- Eat small meals often to avoid an empty stomach. Keep toast, saltine crackers, pretzels or dry cereal by your bedside. It may help to eat before you get out of bed in the morning.
- Drink liquids between meals, but not during meals.
- Take sips of clear liquids such as soft drinks, apple juice, tea or broth, or small amounts of Jell-O when vomiting occurs. As the nausea passes, increase liquids to a ½ cup or 120 milliliters every hour.
- Avoid greasy or spicy foods.
- Keep notes of when vomiting occurs and anything that makes it worse, such as certain foods, odors, activities or stress. Share this information with your doctor.

## **Call your doctor right away if you:**

- Cannot keep liquids or food down for 24 hours.
- Have stomach pain, fever, dizziness, severe weakness or feel faint.
- Have weight loss of more than 5 to 10 pounds or 2 to 5 kilograms.
- Have very dark yellow urine or do not urinate for long periods.

These are signs that your body does not have enough fluid. This can be harmful for both you and your baby if untreated. An IV (intravenous) with fluids and nutrients may need to be given. Your doctor may order over the counter or prescription medicines.

**Talk to your doctor or nurse if you have any questions or concerns.**

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