

# 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.

# 妊娠中の吐き気や嘔吐

妊娠初期の吐き気や嘔吐は「つわり」と呼ばれます。つわりは1日のどの時間帯でも起ります。妊娠6週から13週の間にかかることがほとんどです。妊娠前の健康状態に問題がなければ、胎児がつわりによる影響を受けることはありません。

つわりになったときは、以下のように対処します。

- こまめに休息をとり、昼寝をします。
- こまめに軽い食事をとり、胃が空にならないようにします。  
トースト、塩味のクラッカー、プレッツェル、乾燥シリアルなどをベッドの横に置いておきましょう。朝ベッドから起きる前につまむことができます。
- 食間に水分をとり、食事中は何も飲まないようにしましょう。
- 吐いてしまうときは、りんごジュース、紅茶、具なしスープ、ソフトドリンクなどの透明な飲み物やゼリーなどを少しずつ飲みましょう。吐き気がおさまってきたら、1時間ごとに½カップ（120ミリリットル）の飲み物をとります。
- 香辛料、脂肪を多く含む食品は避けます。
- 吐いたときや気分が悪くなったときに、その原因となった食品、匂い、活動、ストレスなどについて記録しておきます。医師にもこれらの情報を見せると役立ちます。

以下の症状が現れた場合は直ちに主治医に連絡してください。

- 24時間水分や食品をとれていない。
- 胃痛、発熱、めまい、強い虚脱感、気絶しそうな感じがある。
- 2～5 kg（5～10ポンド）以上の体重減少。

- 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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- 黒っぽい黄色の尿が出たり、長時間尿が出ない。

これらは体が十分に水分を摂取できていない兆候です。放置しておくと、母体と胎児に深刻な悪影響を及ぼします。水分や栄養のIV（点滴）が必要なこともあります。医師から市販薬や処方薬を指示されることもあります。

質問や不明な事項については、主治医または看護師にご相談ください。

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Nausea and Vomiting During Pregnancy. Japanese.