

# 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.

# 임신 중 구역질과 구토

임신 초기의 구역질과 구토는 입덧이라고 합니다. 아무 때나 느낄 수 있습니다. 대부분 임신 6주에서 13주 사이에 발생합니다. 임신부가 임신 전 건강했다면, 아기가 입덧 때문에 영향을 받지 않습니다.

## 입덧을 하는 경우:

- 쉬거나 낮잠을 자주 잔다.
- 위가 비는 것을 피하도록 작은 양의 식사를 자주한다. 토스트, 크래커, 프레즐 또는 마른 시리얼을 침대 옆에 둔다. 아침에 침대에서 일어나기 전 먹는데 도움이 될 수 있다.
- 식사 전과 후에 음료를 마신다. 하지만 식사 중에는 마시지 않는다.
- 구토를 할 경우, 청량음료, 사과주스, 차, 고기 국물, 또는 약간의 젤로를 먹는다. 구역질이 없어지면 한 시간에 음료를  $\frac{1}{2}$  컵 또는 120밀리리터를 마신다.
- 기름지거나 매운 음식을 피한다.
- 언제 구토가 나는지 그리고 어떤 음식, 냄새, 활동 또는 스트레스 등이 구토를 더 심하게 만드는지 기록해 둔다. 이러한 정보를 의사에게 알려준다.

## 다음과 같은 경우 즉시 의사에게 연락:

- 24시간 동안 음료 또는 음식을 소화시키지 못할 경우.
- 복통, 열, 어지러움, 심하게 허약하거나 힘이 없다고 느낄 경우.
- 몸무게가 5에서 10파운드 또는 2에서 5킬로그램 이상 줄 경우.
- 거무스름한 노란 소변을 보거나 또는 오랫동안 소변을 못 볼 경우.

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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이런 증상들은 신체에 수액이 충분하지 않다는 의미입니다.  
치료하지 않는다면 귀하와 아기에게 해가 될수도 있습니다.  
수액과 영양분이 있는 IV(정맥 주사)를 놓아 줄 수도 있습니다.  
의사가 처방약 혹은 처방없이 살수 있는 약을 지시할 수도  
있습니다.

질문이나 문제가 있으면 의사나 간호사와 상담하십시오.

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Nausea and Vomiting During Pregnancy. Korean.