

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.

孕期恶心呕吐

怀孕早期恶心呕吐称为晨孕反应，可能发生在一天当中任何时候。晨孕反应通常出现在怀孕的第 6 周和第 13 周之间。如果您在怀孕前身体健康，宝宝将不会受到晨孕反应的影响。

如果您有晨孕反应，则应该：

- 经常休息或小睡。
- 少食多餐，避免空腹。在床边放一些吐司面包、威化饼干、椒盐卷饼或干谷类食品，早晨起床前可以先吃些东西可能有帮助。
- 每餐之间（而不是用餐时）喝水或饮料。
- 呕吐时，啜几口透明液体，如软饮料、苹果汁、茶或清汤或者少量吉露果子冻。恶心过去后，将液体量增加到每小时 ½ 杯或 120 毫升。
- 避免多脂肪或辛辣的食物。
- 记下呕吐发生的时间以及使恶心加重的某些食物、气味、活动或精神压力等。将此类信息告诉医生。

如有以下情况，请立刻致电医生：

- 只要咽下液体或食物就会呕吐，持续时间已达 24 小时。
- 胃痛、发烧、头昏、严重虚弱，或感到眩晕。
- 体重减轻 5 至 10 磅或 2 至 5 公斤以上。
- 尿液呈深黄色，或长时间不排尿。

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.

2005 – 9/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

这些是身体没有足够液体的症状。如果不加治疗，会对您和您的宝宝造成伤害。可能需要静脉注射液体和营养物。医生可能会开一些非处方药或处方药。

如有任何疑问或担心，请告诉您的医生或护士。

2005 – 9/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Nausea and Vomiting During Pregnancy. Simplified Chinese.