

# 妊娠期恶心呕吐

## Nausea and Vomiting During Pregnancy

Nausea and vomiting during early pregnancy, sometimes called morning sickness, can happen any time of the day.

Morning sickness often begins about the 6th week of pregnancy and gets better by the 13th week. It likely happens because hormone levels in your body change rapidly in early pregnancy. Stress, not eating for several hours or certain odors may trigger morning sickness.

You may worry about the health of your baby if morning sickness is a problem. If you are in good health before pregnancy, your growing baby will have enough nutrients for the first months of pregnancy.

妊娠初期，可能会在一天中的任何时间出现恶心和呕吐问题（虽然又被称为晨吐）。

孕吐通常在妊娠的第6周开始，到第13周时会好转。发生这种情况的原因，可能是妊娠初期体内激素水平快速变化所导致。压力、数小时不进食或某些异味都可能会引发孕吐。

如果您有孕吐问题，可能会担心宝宝的健康。如果您在妊娠前身体健康，那么在妊娠的头几个月，正在发育的胎儿将获得充足的营养。

### What you can do

- Take more rest periods or naps.
- Keep something in your stomach.
  - Eat crackers, toast or dry cereal before getting out of bed in the morning.
  - Eat small meals every 2 to 3 hours to avoid an empty stomach.
- Eat more protein.
- Eat foods that are easy to digest. These include: dry foods, toast, bagels, saltine crackers, cereals, pasta and potatoes.
- Avoid greasy or highly seasoned foods that may cause your symptoms to get worse.
- Drink between meals, not at meals.

### 如何改善

- 多休息或小睡。
- 避免空腹。
  - 早晨起床前，在床上先吃一点薄脆饼干、吐司或干麦片。
  - 每2到3个小时少量进食，以免空腹。
- 多吃蛋白质。
- 吃容易消化的食物。其中包括：干粮、吐司、百吉饼、咸饼干、谷物、面食和土豆。
- 避免油腻或调味料丰富的食物，这些食物可能加重您的症状。
- 两餐之间而不是正餐期间喝水。

- Sip clear liquids if you are vomiting. When vomiting occurs, take sips of clear liquids only. Some examples of clear liquids are gelatin, clear soft drinks (7UP) sports drinks, tea and broth.
  - As the nausea passes, increase the amount of liquids to ½ cup every hour. Stay hydrated.
- Avoid food smells that make nausea worse.
- Talk to your provider about taking:
  - Antihistamines doxylamine or dimenhydrinate
  - Vitamin B6
- 如果呕吐，请饮用少量透明液体。呕吐时，请仅仅饮用少量透明液体。透明液体包括：果冻类饮品、清澈软饮料（7UP）、运动饮料、茶和肉汤。
  - 恶心的感觉过后，将每小时液体摄入量增加到 ½ 杯。保持身体水分。
- 避免异味食物，这会导致恶心加重。
- 与医护人员商量是否需要服用以下药品：
  - 抗组胺药多西拉敏或苯海拉明
  - 维生素 B6

## Follow-Up

Call your doctor, clinic or go to the emergency department if:

- You cannot keep liquids down for 24 hours.
- You have abdominal pain, fever, dizziness, severe weakness or feel faint.

**These may be signs of a more serious problem.**

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

## 随访

在以下情况下，请致电医生、诊所或前往急诊室：

- 长达 24 小时无法摄入液体。
- 出现腹痛、发烧、头晕、严重虚弱或感到晕厥。

**这些症状可能意味着您出现了更严重的问题。**

**如果有任何疑问或担心，请咨询医生或护士。**