

# 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.

# Lallabada iyo Matagga Inta Uurku Jiro

Lallabada iyo matagga inta lagu jiro wakhtiga hore ee uurka waxa loo yaqaanaa wallac. Waxa uu wallacu dhici karaa wakhti kasta oo ah maalintii. Badanaa waxa uu dhacaa inta u dhexeysaa todobaaadka 6-aad iyo ka 13-aad ee uurka. Haddii caafimaadkaagu fiicnaa ka hor uurka, ilmahaaga ma saameyn doono wallacu.

## Haddii aad qabtid wallac:

- Marrar badan naso oo qaado hurdo gaaban.
- Cun cuntooyin yaryar marrar badan si aad uga baxsatid calool faaruq ah. Sariirta dhinaceeda dhigo rooti/roodhi qallalan, busgud milix ama cusbo leh, beretsel (pretzels) ama firilay ama siriyaal qallalan. Waxa laga yaabaa inay ku gargaarto haddii aad wax cuntid ka hor inta aanad ka soo kicin sariirta subixii.
- Cab cabitaano inta u dhexeysa cuntooyinka, laakiin ha cabin inta wax la cunayo.
- Cab kabashooyin ah cabitaan saafi ah oo wax laga arkayo weelka uu ku jiro sida cabitaanada fudud ee saafiga ah, cabitaanka tufaaxa, shaah ama fuud, ama qadaro yaryar oo ah Jell-O, marka matagu dhaco. Marka lallabadu kaa tagto, kordhi cabitaanada ilaa ½ koob ama 120 millilitir saacad kasta.
- Iska ilaali cuntooyinka dufanka ama basbaaska leh.
- Meel ku qor wakhtiyada uu mataggu dhaco iyo wax kasta oo kaaga sii dara, sida cuntooyinka qaarkood, ur, hawlo ama walaac. Warkaa la wadaag dhakhtarkaaga.

**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.**

## **Wac dhakhtarkaaga isla markiiba haddii:**

- Aanad xejisan karin cabitaanada ama cuntooyinka mudo ah 24 saacadood.
- Aad leedahay xanuun caloosha ah, qandho, dawakh, tabar-dari daran ama aad dareentid wareer ama suuxid.
- Aad leedahay lumid miisaan oo ka badan 5 ilaa 10 rodol ama 2 ilaa 5 kiilo.
- Aad leedahay kaadi midabkeedu yahay jaale/hurdi si weyn madow u xigta ama aanad kaajin mudooyin dhaadheer.

Kuwani waa calaamado sheegaya in jidhkaagu aanu lahayn dheecaan ku filan. Waxay taasi waxyeelo u yeelan kartaa adiga iyo ilmahaagaba haddii aan la daweyn. Waxa laga yaabaa in loo baahdo in lagugu rakibo faleebo (IV) ay ku jirto hoore iyo nafaqo. Waxa laga yaabaa in dhakhtarkaagu amro dawooyinka la iska iibsano karo warqad dhakhtar la'aan ama uu qoro dawooyin.

## **La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.**

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