

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.

孕期噁心嘔吐

懷孕早期噁心嘔吐稱為晨孕反應，可能發生在一天當中任何時候。晨孕反應通常出現在懷孕的第6週和第13週之間。如果您在懷孕前身體健康，寶寶將不會受到晨孕反應的影響。

如果您有晨孕反應，則應該：

- 經常休息或小睡。
- 少食多餐，避免空腹。在床邊放一些吐司麵包、威化餅乾、椒鹽卷餅或乾穀類食品，早晨起床前可以先吃些東西可能有幫助。
- 每餐之間（而不是用餐時）喝水或飲料。
- 嘔吐時，啜幾口透明液體，如汽水、蘋果汁、茶或清湯，或者少量果凍。噁心過去後，將液體量增加到每小時½杯或120毫升。
- 避免多脂肪或辛辣的食物。
- 記下嘔吐發生的時間以及使噁心加重的某些食物、氣味、活動或精神壓力等。將此類資訊告訴醫生。

如有以下情況，請立刻致電醫生：

- 只要咽下液體或食物就會嘔吐，持續時間已達24小時。
- 胃痛、發燒、頭昏、嚴重虛弱，或感到眩暈。
- 體重減輕 5 到 10 磅或 2 到 5 公斤以上。
- 尿液呈深黃色，或長時間不排尿。

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.

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這些是身體沒有足夠液體的症狀。如果不加治療，會對您和您的寶寶造成傷害。可能需要靜脈注射液體和營養物。醫生可能會開一些非處方藥或處方藥。

如有任何疑問或擔心，請告訴您的醫生或護士。

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Nausea and Vomiting During Pregnancy. Traditional Chinese.