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## **Morning Sickness**

### **What is morning sickness?**

Morning sickness is the nausea and vomiting some women suffer in early pregnancy. It is thought to be caused by the sudden increase in hormones during pregnancy. Other changes such as neurologic, metabolic or psychosomatic factors may also play a part. Although morning sickness is more common in the morning, it may last all day.

### **How long will morning sickness last?**

Morning sickness is very common in early pregnancy. It tends to diminish later in pregnancy, and usually ends by the second trimester (the fourth month).

### **Will morning sickness hurt my baby?**

Morning sickness should not hurt your baby. Many doctors believe morning sickness is a good sign because it means the placenta is developing well. Morning sickness may be a problem if you are unable to keep any foods or fluids down and begin to lose a lot of weight. The tips below may help reduce morning sickness.

### **Tips to relieve morning sickness:**

1. Eat saltine crackers and other bland foods with the onset of nausea.
2. Changing the type of vitamins you are taking may help. The amount of iron in prenatal vitamins may bother some women. If you think your morning sickness is related to your vitamins, talk to your doctor. Different prenatal vitamins contain different amounts of iron.
3. Eat small meals throughout the day so you are never too full or too hungry.
4. Avoid rich fatty foods.
5. Eat lowfat protein foods (lean meat, broiled or canned fish, poultry without skin, eggs boiled beans).
6. Eat more carbohydrates (plain baked potato, white rice, pasta, cereals, dry toast, fruit, fruit juices).
7. Try gelatin desserts (JellO) flavored frozen desserts (Popsicles), broth, nondiet ginger ale, sugared decaffeinated or herbal teas, and pretzels.

Nestrex is a unique vitamin supplement containing vitamin B6 and dextrose. According to the Journal of Obstetrics & Gynecology, vitamin B6 was effective at reducing nausea and vomiting in pregnant patients. The added carbohydrate compound in Nestrex known as dextrose helps to settle the stomach. Nestrex is a safe and natural approach for nausea and upset stomach. Nestrex is an overthecounter product. Take Nestrex one tablet every 8 hours. You should begin to experience some relief within 48 to 72 hours as it begins to build up in your blood levels.

Keep in mind that your symptoms should end soon and morning sickness does not mean that your baby is sick.

This information provides a general overview on morning sickness and may not apply in each Individual case.

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Sahakian, V. Rouse, D. Snipes, S. Rose, N. Niebyl, J. "Vitamin B6 Is Effective Therapy For Nausea and Vomiting of Pregnancy: A Randomized, Double-Blind, Placebo-Controlled Trial" Obstetrics and Gynecology 1991:78:33-36

**If you Have Morning Sickness, the following suggestions may help you:**

**Before you go to bed,** be sure to have plenty of fresh air in the room where you sleep. The odor of soiled clothes and other household odors in the room where you sleep may upset your stomach. Place some dry cereal or dry bread within reach of your bed. You can use toast, dry bread, dry biscuits, uncooked oatmeal, ready-to-eat cereals, or crackers.

**Before you get up in the morning,** eat some of the dry bread or cereal. A little jelly on the bread may make it taste better, but do not use butter or margarine.

**When you get up,** get up very slowly, taking several minutes. Avoid sudden movements when getting out of bed.

**Before you cook breakfast,** eat some more dry bread or cereal a little while after you get up and before you cook breakfast.

**When you cook,** have a window open while you cook breakfast to get rid of the odor of cooking foods.

**If You Have Nausea During The Day, these suggestions may help you:**

**Meals:**

Eat several small meals a day instead of three large ones, because you are more likely to feel nauseated when your stomach is empty.

Do not drink fluids or eat soups at mealtimes. If you are thirsty, try eating chips of ice.

Sometime during the day you may find that you feel well enough to eat a regular meal. Be sure not to overeat at this time.

**Foods to avoid:**

Fats and greasy foods tend to upset the stomach. For this reason, avoid fried foods and foods cooked with grease, oils, or fatty meats. Eat very little or none of the following foods; butter, margarine, gravy, bacon, salt pork, oils, mayonnaise, salad dressings, pie crusts and pastries.

Highly seasoned foods such as those cooked with garlic, onion, pepper, chili and other spices may upset your stomach. Eat lightly seasoned foods.

Do not eat foods that give you gas while you are pregnant.

**Between meals,** drink small sips of liquids frequently between meals. Drink milk, water, fruit juices, coffee, tea and soups only between meals. When you feel nauseated, drink a small amount of these foods: carbonated beverages, grapefruit juice, orange juice, or grape juice.

**If you continue to vomit your food,** be sure to tell the doctor, she may have other suggestions to help you.

Source: Colorado Dept. of Health, Denver, CO

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