

Nausea Tips

A New Beginning OBGYN

What causes nausea in pregnancy?

- Heightened sensitivity during pregnancy to smells, noise, motion and temperature.
- Hormones that are abundant during pregnancy may cause nausea
- Changes in your digestive system related to pregnancy.
- Routine Medications

What can I do about nausea in pregnancy?

Finding out what triggers your symptoms and then making some changes may help you feel better.

- Avoid sights, sounds, smells that produce symptoms
- Get out of bed slowly and avoid sudden movements
- Adjust room temperatures to a cooler setting
- Go outside to get some fresh air
- Get adequate sleep and rest
- Take your Prenatal Vitamin and/or Iron at bedtime
- Avoid brushing your teeth immediately after eating
- Avoid using a straw
- Avoid anxiety producing situations that can lead to increased agitation and nausea
- Practice relaxation techniques

What about eating and drinking?

- Eat small frequent meals every 2-3 hours
- Carbohydrate foods such as crackers, toast, potatoes or cereal tend to digest easily and can help ease nausea
- Serve food very warm or very cold
- Avoid spicy, greasy fatty foods
- Try small amounts of a single food and add variety as you feel better
- Weak tea, ginger tea, very cold carbonated drinks, fruit juices and crushed ice or ice pops may sit easier on your stomach
- Try not to eat and drink at the same meal, sip fluids between meals
- Sit upright after meals
- Consider taste (salty, sweet, sour, bland) and texture (soft, hard, smooth, lumpy, crunchy) one might be easier to tolerate than others
- Keep a food diary to see if you find that eating certain foods at certain times of the day will help break the cycle

Nausea Popsicles

Berry: 3c Strawberries 2 Bananas 1c Blueberries 1c Apple Juice 1c Vanilla Greek Yogurt 2Tbbs Honey 1 Tbls fresh grated ginger Blend all ingredients together until smooth. Pour into molds, freeze and enjoy	Mango Coconut: 2 Lrg Ripe Mangos 1-15oz can full fat coconut milk-shake well ½ sugar 5 Tbls lime juice Blend or puree mango until smooth. Add coconut milk, lime juice and sugar. Blend until smooth. Pour into molds, freeze and enjoy	Raspberry Limeade: 5 Tbls sweetened lime juice 2c fresh or frozen raspberries 4 Tbls of granulated sugar 1c Plain Yogurt, can also use whole or low fat milk Blend all ingredients until smooth. Pour into molds, freeze and enjoy
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