

Nausea and Vomiting in Pregnancy

Always feeling sick? You're not alone! Many women experience nausea and vomiting due to hormone changes. The good news is that it usually disappears after the first three months.

Here are some tips to help you cope:

- Keep crackers, bread or dry cereal near your bed to eat before getting up.
- Get out of bed slowly and avoid sudden movements.
- Avoid having an empty stomach.
- Eat whatever appeals to you in five or six small meals throughout the day.
- Wait 30 minutes after eating before lying down or brushing your teeth.
- Drink fluids between meals, not with meals.
- Choose cold foods because they often do not have a strong smell.
- Eat lightly spiced foods.
- Avoid foods high in fat such as bacon, gravy, fried meat, French fries.
- Try smelling fresh cut lemons.
- If you have a bad taste in your mouth, suck on hard candy or ice cubes.
- Try ginger tea or ginger ale to settle your stomach.
- When cooking, open windows or use the fan.
- Avoid smoke, strong smells, alcohol and caffeine.
- Get plenty of fresh air.
- Being tired can make you feel worse. Try to get lots of rest.

To be used in conjunction with advice from a Registered Dietitian.