

## **MORNING SICKNESS**

Nausea and vomiting are common complaints during pregnancy, especially during the first part of pregnancy. This is often called "morning sickness," although it can occur at any time of the day.

Most causes of nausea and vomiting are not harmful. However, when nausea and vomiting are severe and persist, they can affect your health. This pamphlet will help you learn more about:

- Nausea and vomiting that is normal during pregnancy
- How they can be relieved
- When treatment is needed

### **What Causes It?**

- While you are pregnant, nausea and vomiting can occur as your body goes through many changes. Although no one is certain what causes the nausea and vomiting, increasing levels of hormones during pregnancy may play a role. In most women, symptoms of nausea and vomiting are mild and go away after the middle of pregnancy. But, some cases of nausea and vomiting are severe. This condition is called hyperemesis gravidarum. It can lead to loss of weight and body fluids

### **Effects on Pregnancy**

- Most mild cases of nausea and vomiting do not harm you and your baby's health. Morning sickness does not mean your baby is sick. In fact, it may protect your baby from traumatic activities – you do not feel like it. It can become more of a problem if you cannot keep any foods to fluids down and begin to lose weight. If your nausea and vomiting are severe, call your doctor.
- Nausea is also linked to high hormone levels and decreased risk of miscarriage.

### **What You Can Do**

- There is no such way to prevent morning sickness. However, studies have shown that women who are taking a multivitamin regularly at the time of conception are less likely to have severe cases of morning sickness.
- If you experience morning sickness, there are some things you can do that might help you feel better:
  - Get plenty of rest.
  - Avoid smells that bother you.
  - Avoid stress.
  - Eat five or six small meals each day instead of three large meals.
  - Avoid spicy and fatty foods.

- Eat crackers before you get out of bed in the morning.
- Do not drive if you haven't eaten within one hour.
- Do not exercise if you haven't eaten.

\* Please see brochure in link