Nausea Management Tips for Pregnancy

- ♥ Eat a little protein and a little carbohydrate every 2 hours *around the clock* and try not to get hungry. Hunger actually makes nausea more intense.

- ♥ Don't worry about eating the 'right things' until nausea subsides. Just try and stay hydrated and fed!
- ♥ Lie reclined with cold air blowing on your face and breath evenly and as deeply as you can for 10 seconds at a time
- ♥ Sniffing lemons or ginger can sometimes help an upset stomach. Cut a lemon into slices and freeze them in individual bags. Take one out and sniff frozen.
- ♥ Eating salty potato chips can help settle the stomach enough to eat a meal.
- ♥ Get plenty of fresh air and avoid warm places, as feeling hot can add to nausea.
- ♥ Try acupressure wrist bands and be sure to place them correctly.
- ♥ Acupuncture can help some women.
- ♥ Acupressure morning sickness and wrist bands - the point which is stimulated to harmonize the body and stop nausea is Pericardium 6 - just above your wrist. This is the point which was proven by many studies to be the best point for morning sickness in pregnancy. So find an acupuncturist or just get a wrist band - both should help you. Ginger is known to settle the stomach. Make iced or hot tea with fresh slices.
- ♥ If multivitamins make your nausea worse, try taking your prenatal vitamins with food or just before bed. There are also pills that are smaller or have lower iron content. If you can't take any prenatal or multivitamin until after nausea subsides, you can take a folic acid pill (0.4 to 1.0 mg) alone until you feel better.
- ♥ Get up slowly from sitting or lying down.

<u>Food ideas to help relieve nausea</u>

Salty: Chips, pretzels
Tart/sweet: Pickles, lemonade
Earthy: Brown rice, mushroom soup, peanut butter
Crunchy: Celery sticks, apple slices, nuts
Bland: Mashed potatoes, gelatin, broth
Soft: Bread, noodles

Fruity: Watermelon, fruity popsicles
Liquid: Juice, seltzer, sparkling water, ginger ale
Dry: Crackers

If none of these work, please give me a call for additional options…it *will* get better!