

Nausea and Vomiting During Pregnancy

Most women experience “morning sickness” during pregnancy.

Though it is commonly called “morning sickness” symptoms can happen throughout the day. The severity of symptoms can range from mild to severe, and nausea is usually worse during the first trimester. Most women start feeling better around the fourth or fifth month but symptoms can continue for some women throughout the entire pregnancy.

Treatment

Reducing the size of meals and eating more frequently can prevent nausea because sometimes an empty stomach can trigger it. Eating bland foods that are low in sugar but high in carbohydrates and protein can also help. Sometimes sucking on something that causes frequent swallowing like ice chips or sunflower seeds can also lessen nausea.

While some over-the-counter remedies such as Ginger, Vitamin B6, and Acupressure can offer some relief, sometimes prescriptions are necessary to control nausea. These can include Antihistamines, Dopamine antagonists and Serotonin antagonists.

Talk to your doctor before taking any medications during pregnancy.

