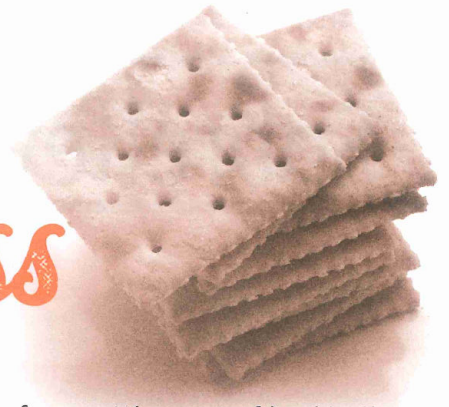


# Coping With *Morning Sickness*



## What Is Morning Sickness?

Morning sickness refers to nausea and vomiting during pregnancy, most often during the first trimester. It is most common in the morning, but some women may experience it at other times or even all day long.

## What Are the Symptoms?

Symptoms include nausea, vomiting, and loss of appetite.

## When Does It Occur?

Most women experience morning sickness during the first trimester of pregnancy. It usually ends by the second trimester, although every pregnancy is different.

## What Causes Morning Sickness?

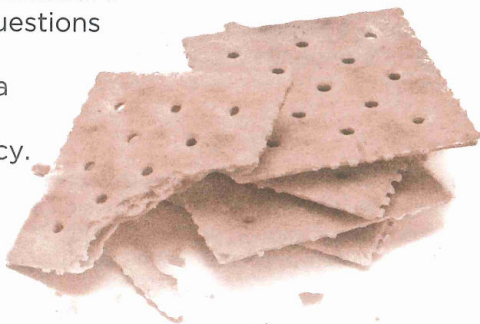
The causes are unknown, but it may be the result of physical changes in the body during pregnancy, including an increase in hormones. Stress, inadequate sleep, and an increased sense of smell may also contribute to morning sickness.

## Will It Hurt My Baby?

Morning sickness will not affect your baby as long as you are able to drink plenty of fluids and maintain a healthy diet.

## Is There a Cure?

Morning sickness has no known cure, but there are many ways you can alleviate your symptoms. The following suggestions may help. Contact your healthcare professional if you have any questions about ways to minimize nausea and vomiting during pregnancy.



- Eat a few crackers before getting out of bed in the morning.
- Eat small, frequent meals during the day to avoid hunger.
- Keep crackers or dry cereal with you to eat.
- Eat foods that are high in protein and complex carbohydrates.
- Drink plenty of fluids between meals.
- Avoid fatty, spicy, acidic, rich, fried, and strongly flavored foods.
- Avoid strong odors.
- Turn on a fan or open a window to keep your kitchen well-ventilated.
- Exercise as recommended by your healthcare professional.
- Take your prenatal vitamins or supplements with a meal or at bedtime unless otherwise recommended by your healthcare professional.
- Talk to your healthcare professional about taking vitamin B-6, ginger, or anti-nausea medications to help ease your symptoms.
- Some women may find relief by using an acupressure wristband.
- Get plenty of rest, and take time to relax.
- Avoid smoking and secondhand smoke.

## When Should I Contact My Healthcare Professional?

If you are experiencing any of the following symptoms, contact your healthcare professional immediately.

- Your nausea and vomiting are not improving.
- You have lost more than 2 pounds (1 kilogram).
- You are vomiting blood or material that looks like coffee grounds.
- You are experiencing severe vomiting (more than 3-4 times in 24 hours).
- You are unable to keep any fluids down.
- You are craving something unusual, such as dirt or metal.