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SUGGESTIONS FOR PREGNANCY NAUSEA AND VOMITING

For Mild Nausea:

- Eat small frequent meals. Do not let your stomach get full or get empty.
- Drink small amounts of fluids frequently. (sip all day long)
- Separate solids and liquids by 10 minutes or more.
- Avoid spicy or greasy foods or liquids with citric acid (ex: orange or pineapple juice)

For More Significant Nausea and/or Vomiting:

- Follow above suggestions. The best-tolerated tastes are salty and sour such as in chips and pickles. Begin with liquids before moving to solid foods.
- Sip on sports drinks (Gatorade) and bouillon to avoid dehydration.
- Add brothy soups with noodles. Avoid cream based soups.
- Add potatoes, pasta and rice.

If the Above Suggestions are not Helpful, You Can Try the Following:

- Vitamin B-6 (Pyridoxine) 25 mg twice daily. This is available over the counter.
- Ground ginger capsules, 250 mg three times a day. Some women find Ginger Ale helpful.
- Take Unisom 12/5 mg (1/2 tablet) with the Vitamin B-6 twice daily.

If these tips are not helpful and you cannot keep any reasonable amounts of food or liquids down and you feel like you may be dehydrated, call our office promptly. There are medications that may be more effective and your doctor can provide a prescription if appropriate.