

DOCTORS EICHENLAUB AND MAY

Obstetrics & Gynecology

John J. Eichenlaub, MD · Dorothy C. May, MD · Cheri Gard, CNM, CRNP · Lisa Leitzell, CRNP
2128 Embassy Drive · Lancaster, PA 17603 · 717.509.5090 · Fax 717.509.5078

Help! I'm nauseated!

Up to 70% of pregnant women experience nausea, which may be accompanied by vomiting, during the first 16 weeks of pregnancy. Even though it is called “morning” sickness, symptoms can happen at any time of day or night. In fact, most women who have the condition feel sick all day long. Symptoms usually start during the first 6 weeks of pregnancy, and are often worst around the second and third months. Most women feel better by 16 weeks, but some women are sick for longer. Here are some suggestions which may help control the nausea. Some things work better for some people than others; find what works for you.

- ⤴ DO: Eat several small meals throughout the day, as soon as you feel hungry or before you feel hungry.
- ⤴ DO: Try snacks high in carbohydrates or protein, like crackers, bread, toast, or yogurt.
- ⤴ DO: Have someone else prepare meals when possible.
- ⤴ DO: Sip cold clear beverages that are either fizzy or sour, such as lemonade or ginger ale.
- ⤴ DO: Take your prenatal vitamin in the evening with a meal or snack.
- ⤴ DO: Eat something as soon as you wake up.
- ⤴ DON'T: Make sudden movements, bend over frequently.
- ⤴ DON'T: Eat spicy, oily, fried, heavily seasoned foods.
- ⤴ TRY: ginger lollipops, ginger tea, ginger ale, or gingersnap cookies.
- ⤴ TRY: You can take Vitamin B6 25mg three times a day and Unisom 1 tab at night
- ⤴ TRY: There are bands you can wear on your wrists called “acupressure” bands or “sea bands”. They are to reduce morning or motion sickness and some women feel better when they wear them.

Call the office if you are throwing up several times a day or are unable to keep fluids down for 24 hours.

Office: 717-509-5090

Triage nurse (Sarah): 717-509-5055