

Nausea and Vomiting

During Pregnancy



Many women have nausea and vomiting during pregnancy. This is normal and happens because your hormones are changing.

Nausea and vomiting usually start around the 6th week of pregnancy and get better around the 12th week (after the first trimester) although some women have it throughout their pregnancy. Below are some tips you might find helpful.

Eating and Drinking

Top Tips! Do not skip meals. Sip small amounts of fluid (water or milk) often to avoid getting dehydrated.

Meals



- Avoid having an empty stomach - try eating 5 or 6 small meals during the day.
- Eat foods that appeal to you when you are hungry,
- Try eating a few dry crackers first thing in the morning.
- Try eating foods cold, as they do not smell as strong as hot foods.

Protein



Add protein to meals and snacks; research has shown this may help your symptoms.

- Eat cheese with crackers.
- Dip your vegetables in hummus.
- Spread peanut butter on your apple slices.

Smells



- Avoid strong smells that bother you.
- If cooking smells bother you, ask someone to help out with making meals.
- Smelling lemons, other citrus fruit, or ginger can sometimes help.

Top Tip! Nausea and vomiting may get worse when you are tired.
Try to get a good night's sleep or rest during the day.

Talk to your health care professional

Talk to your health care professional if you are thinking of:

- Changing prenatal supplements
- Taking medication
- Trying other (complementary) therapies to help with nausea and vomiting

Prenatal Vitamins



- If taking prenatal vitamins makes nausea and vomiting worse, talk to your health care provider.
- In the **first trimester**, a folic acid supplement or multivitamin without iron may be taken instead.

Vitamin B6 Supplements or Diclectin



- Vitamin B6 supplements (25 mg) taken up to 3 times per day may help relieve some nausea symptoms.
- Diclectin is a medication that is approved in Canada and safe to treat nausea and vomiting during pregnancy. It can be prescribed by your health care provider.

****Vitamin B6 and Diclectin should not be taken at the same time****

Ginger



- Ginger in pill form, such as Gravol® Natural Source® Ginger (250 mg) taken 4 times a day may also help with nausea.

Acupressure



- Acupressure is an alternative medicine. It uses pressure on a point near the wrist to provide relief from nausea and vomiting. It may be helpful for some women.
- Speak with your health care professional if you are considering acupressure.

For more information visit www.pregnancyinfo.ca

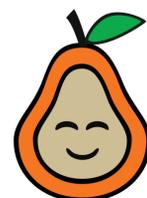
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References: Canada Medical Advisory Board (2011). Nausea and vomiting in pregnancy. Retrieved from babycenter.ca; Campbell et al., (2016).

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