



CAROLE NIGHSWANDER | Registered Midwife

MORNING SICKNESS SIMPLE STEPS TO HELP DECREASE NAUSEA & VOMITING IN PREGNANCY

- DISCONTINUE PRENATAL VITAMINS WITH IRON
- INSTEAD TAKE THE FOLLOWING:
 - VITAMIN B6 25 MG THREE TIMES DAILY, AND
 - FOLIC ACID 1 MG ONCE A DAY
- AVOID STRONG ODORS, FATTY FOODS AND TOBACCO SMOKE, AND GET PLENTY OF FRESH AIR.
- EAT EVERY 1-2HRS: TRY TO EAT A PROTEIN SNACK FIRST. KEEP SNACKS HANDY, AND EAT SMALL FREQUENT MEALS. SNACK THROUGH THE NIGHT AND EAT SOMETHING BEFORE SITTING UP IN BED IN THE MORNING.
- DRINK PROTEIN POWDER MIXED WITH WATER, COCONUT WATER OR ALMOND MILK
- GINGER ALE, GINGER HARD CANDIES, GINGER TEA OR GINGER SNAP COOKIES MAY BE HELPFUL
- AVOID CITRUS FOODS (ALTHOUGH SOME WOMEN FIND THEM HELPFUL!)
- **WATER.** MAKE SURE YOU ARE DRINKING AT LEAST 8 GLASSES OF WATER DAILY. DEHYDRATION CAN CAUSE NAUSEA. TRY DRINKING SMALL AMOUNTS THROUGHOUT THE DAY INSTEAD OF A LOT AT ONCE.
- REST MORE. SHORT NAPS THROUGHOUT THE DAY ARE HELPFUL TO SOME WOMEN
- SEA BANDS (MOTION SICKNESS BANDS): AVAILABLE AT MOST PHARMACIES
- "RELIEF SEEDS": TRY CHEWING ON ANISEEDS A FEW AT A TIME AT THE FIRST SIGN OF QUEASINESS
- MINTY SCENTS: TRY INHALING THE AROMA OF FRESHLY CRUSHED MINT LEAVES OR ESSENTIAL OIL

SNACK SUGGESTIONS:

ALMONDS, SUNFLOWER OR PUMPKIN SEEDS, CRACKERS, FROZEN MELON BALLS, STRING CHEESE, POPCORN, BAGEL W/ CREAM CHEESE, YOGURT WITH

FRUIT, FRESH FRUIT SALAD, SLICED FRUIT, PEANUT BUTTER WITH FRUIT,
FRESH VEGETABLE JUICE, MILK OR ALMOND MILK, RAW VEGETABLES
CELERY/CARROTS, CHEESE SLICES, APPLE SAUCE, DRIED FRUIT

IMPORTANT: CALL OUR OFFICE (970) 749-6318 IF YOU ARE VOMITING
PERSISTENTLY AND

- YOU CANNOT KEEP DOWN LIQUIDS AT ALL
- YOU HAVE ONLY A SMALL AMOUNT OF DARK URINE
- YOU FEEL DIZZY OR FAINT UPON STANDING
- YOU VOMIT BLOOD
- YOU HAVE A RACING OR POUNDING HEART