



Morning Sickness

Morning sickness is a common symptom in early pregnancy. Nausea and/or vomiting often starts between the 4th and 8th week of pregnancy and usually resolves by the 14th to 16th week. Some women will actually have symptoms throughout the pregnancy. Some women have nausea and vomiting only in the morning while others can have difficulties only in the evening or at any time of day or night.

The cause of morning sickness is unknown. There are many simple remedies that can be tried:

1. Eat dry toast or crackers before lifting your head off the pillow in the morning.
2. Eat small, frequent meals.
3. Vitamin B6 can be purchased over-the-counter. Take 25mgs every 6 hours.
4. If Vitamin B6 alone does not work, add 1/2 of a Unisom tablet at bedtime and before breakfast.
5. Anti-nausea wrist bands can be purchased in some drugstores. Many women report good relief. The bands come with instructions.

YOU SHOULD REPORT THE FOLLOWING TO YOUR PHYSICIAN:

1. If you have not been able to keep any liquids down for more than 24 hours
2. Weight loss greater than 5 pounds in one week
3. Vomiting up blood
4. Dizziness or fainting

If you have any of these symptoms, you could be in need of medical treatment. Your nurse will measure your blood pressure and pulse both in the lying down and standing positions. This will help us determine the degree of your dehydration. Your nurse will also check your urine for the presence of ketones. This will tell us if you may need intravenous (IV) fluids. Sometimes your physician will prescribe suppositories for preventing nausea. These are medications that you place in your rectum and are absorbed into your blood stream. This is one way to get medication into your system when you are unable to keep anything in your stomach.