

# Nausea during pregnancy

The term 'morning sickness' does not always apply, as nausea can hit at any time and anywhere.

## The following tips will help to ease your nausea:

- Eat 5 - 6 small meals each day rather than attempting 2 - 3 large ones
- Do not stop eating. Hunger increases nausea – small, frequent snacks will prevent hunger
- Choose low fat foods and avoid fried or fatty foods. Fat takes longer to digest and may make nausea worse
- Drink fluids between meals rather than with meals
- Try sucking ice, peppermints, barley sugars or boiled sweets – they can be soothing and refreshing
- Find a drink that you like and drink 100 - 200ml every one to two hours, e.g. apple or other fruit juice (dilute if it is easier to tolerate) or ginger ale
- Sometimes it is better to let fizzy drinks go flat first
- Drinking helps you to prevent dehydration
- Try nibbling on potato crisps – the high salt content can help to soak up excess saliva and also encourages fluid intake
- Other snack ideas include fruit, milk, yoghurt, scones, muffins, crackers and cheese, plain biscuits
- If nausea and/or vomiting continue, high protein supplementary drinks may be required. Discuss these with your Practice Nurse
- Keep trying things until you find something that works.

## IF THESE TRIGGERS INFLUENCE YOU – AVOID THEM

- ✗ Smells – food, especially hot food and cooking smells, perfume.
- ✗ Certain flavours.
- ✗ Getting out of bed on an empty stomach.
- ✗ Looking at a full plate of food.

Chances are that your nausea will improve at around 12 - 14 weeks.

Keep track of your weight and discuss it with your Practice Nurse or General Practitioner if concerned. Take care that your weight does not soar when your appetite recovers.



SOURCE: NUTRITION SERVICES, AUCKLAND CITY HOSPITAL 2010