

Managing Morning Sickness



Just the Facts:

- 'Morning sickness' occurs in the majority of pregnancies.
- Contrary to the name 'morning sickness', it can happen any time of the day or night and often does.
- 'Morning sickness' lasts an average of 17 weeks.
- Some women have 'morning sickness' so severely, they must be hospitalized.
- No one really knows what causes 'morning sickness'! Regardless of what causes it, here is WHAT you can do about it:

Eat What Sounds Good

For some women pretzels and a cola are just the thing to chase away early morning nausea. For others, a bean burrito could help midday queasiness! Don't worry too much if what sounds good isn't too nutritious. Once you get past the nausea, you can make extra-healthy food choices.



Be Careful of What You Smell

Pregnant women have an increased sense of smell which can lead to queasiness. When you feel sick, check your environment--is someone wearing cologne or cooking with garlic? Experiment with different smells to see which ones make you feel better--or worse.

Drink Enough Fluids



Fluids are vital--if you don't drink enough, (8-10 cups a day) you could become seriously dehydrated. Drinks that be appealing include lemon-lime soda, gingerale and lemonade. Other ways to get your fluid: sucking on ice chips, eating popsicles, frozen grapes, canteloupe balls or watermelon.



Get Plenty of Rest

Lying down or taking a nap in a quiet, dark room gives all your senses a rest and may help your nausea.



Other Eating Tips

Try drinking fluids between instead of with meals. Eat between meal snacks to avoid having an empty stomach especially at bedtime. Eat something before getting out of bed in the morning. Take your prenatal vitamin at bedtime if it makes you nauseated. Avoiding greasy and spicy foods may also help.

Consider Changing Your Lifestyle

Some women find that they must change their routine to get relief from 'morning sickness'. Cutting down on commitments, working fewer hours, having someone else do the cooking or cleaning, and banning the cooking of certain types of foods are some things worth trying. You may need extra help from family and friends.

For more information, see: *No More Morning Sickness* (Miriam Erick, Plume, 1993, New York)

Modified from *Eating Expectantly*