

## Nausea in Pregnancy

“Morning sickness” can actually occur at anytime throughout the day. Some causes can be odors, hunger, getting up too quickly or just being pregnant.

Some things to try:

- Suck on lemon drops or smell a lemon fragrance
- Eat small frequent meals
- Eat something before you get out of bed
- Drink ginger ale or ginger tea
- Take ginger capsules twice a day (available where vitamins are sold)
- Take 25mg of vitamin B6 2 or 3 times a day
- Take 25mg of vitamin B6 and 1/2 of a Unisom tablet (over the counter sleep aid) twice a day
- Take Emetrol or Dramamine
- Wear “sea bands”
- Avoid drinking fluids while you are eating
- Eat whatever sounds appetizing. You can worry about good nutrition in a few weeks.
- Avoid drinking juices. Water is best. Also diluted Gatorade is fine.
- Eat ice or ice pops
- Drink peppermint tea

If you are unable to keep any fluids down for 24 hours, please call the office at 770-860-1133.