

# How to Deal with Nausea During Pregnancy

## Nausea During Pregnancy

Nausea (upset stomach) is a common problem during pregnancy. This is also known as morning sickness. Nausea may be more common in the morning but it can occur any time during the day.

## Causes of Nausea

It is thought that a hormone produced by the placenta and the increased level of estrogen causes the nausea and vomiting in pregnancy.

Low blood glucose, an empty stomach, and an increased sensitivity to odors can make it worse.

## Tips to Deal with Nausea

- Eat rice cakes, saltines or dry toast before you get out of bed.
- Get out of bed slowly.
- Eat small amounts of nutritious carbohydrates more often during the day and evening. Eat something every few hours. It may help not to drink liquids with meals.
- Quit smoking, if you smoke. Start by cutting down the amount you smoke. For help in cutting down or quitting, talk with your health care provider or go to [allinahealth.org](http://allinahealth.org).
- Avoid caffeine (coffee, tea and pop). You may drink decaffeinated and herbal teas (such as peppermint).
- Do not drink large amounts of liquids if you feel nauseated. Try to drink a small amount of apple or grape juice, 7-Up®, ginger ale (defizzed and not artificially sweetened) or cranberry juice. Sip liquids between snacks and meals.
- Avoid greasy and fried foods (bacon, sausage, French fries, chips, fried meats). You may also want to avoid mayonnaise and pastries.
- Add protein to your snacks. For instance, eat a slice of turkey or a scoop of hummus with crackers.
- Open a window or use an exhaust fan to get rid of cooking odors.
- Get lots of rest and relaxation. Fatigue (being tired) and stress can make your nausea worse.
- Get regular exercise and fresh air. Walking is an ideal choice.
- Try integrative therapies such as acupressure, aromatherapy, herbal medicines (such as ginger root or vitamin B6), homeopathy and meditation. Talk with your health care provider before doing or taking any other therapies.
- Talk with your health care provider if these suggestions do not work.

If you have severe nausea, are vomiting more than twice a day, or if you have not kept down any liquids for 24 hours, call your health care provider for suggestions.