

# How to Care for Hyperemesis

## Hyperemesis

Hyperemesis is excessive nausea and vomiting during pregnancy. It usually happens in the first 3 months (first trimester) and is caused by changes in your hormones.

The following information will help you control nausea and vomiting at home.

## Medicine

- Your health care provider may give you a prescription for a medicine that will control your feelings of nausea and vomiting. It may also make you feel sleepy so you can get some needed rest. Take it as directed.
- Do not take any medicine (prescription, over-the-counter, natural or herbal) before you talk with your health care provider.

## Food and Beverages

- Eat a well-balanced diet. (Use the sample menu on the other side as an example.)
- Eat 2 or 3 crackers and stay lying in bed 15 minutes after you wake up.
- Eat a small dry breakfast 30 minutes after you get out of bed.
- Avoid foods that are spicy and high in fat. (See the list on the other side.)
- Eat small meals often — 6 or more during the day. Avoid mixing food smells.
- Alternate dry and liquid foods when you feel nauseated. Include bland, dry, carbohydrate foods without added fat, milk or milk products. Good choices are soda crackers, graham crackers, Cream of Wheat® or Malt-O-Meal®, fruit, cooked potatoes or rice.

- Drink liquids between meals instead of with meals.
- Try to drink six to eight 8-ounce glasses of liquids each day.
- Adjust the temperature of food and liquids for what you can tolerate.
- Sit up after eating a meal.
- Avoid being around odors that make you feel nauseated. Keep a list of the food and kitchen smells that cause nausea.
- Try sour-tasting foods like lemon drops or lemonade.

## Activity

- Keep your mind and body active to help keep you from thinking about the nausea.

## When To Call Your Health Care Provider

Call your health care provider if:

- vomiting continues more than 24 hours without slowing down
- you have a weight loss of more than 10 pounds
- you have signs of dehydration:
  - mild: flushed face, extreme thirst, small amounts of urine, dark yellow urine, dry mouth, cramping in arms or legs, warm skin
  - moderate to severe: sunken eyes, dizziness, low blood pressure, fainting, rapid breathing.

**(over)**

## Other Therapies

There are other integrative therapies you may consider in addition to your regular treatment.

Options include acupuncture, 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.

## Foods to Eat and Avoid

Food	Eat	Avoid
<b>beverages</b>	tea, 7-Up® or gingerale (drink other beverages as you can tolerate)	milk and milk products (such as malts and shakes)
<b>bread/cereals</b>	dry toast, rusk, Melba toast, graham crackers, soda crackers, dry cereal (may be sugar-coated) and rice	sweet rolls and pastries
<b>eggs</b>	boiled, poached or scrambled without fat	fried
<b>meats</b>	plain roast meat (no gravy or sauce), baked or broiled meats	fried meats or meats in gravy, processed meats such as bologna, pepperoni
<b>soups</b>	any low-fat soup	cream-based soups
<b>fruit</b>	any canned fruit (eat other types of fruit as you can tolerate)	raw fruits
<b>vegetables</b>	any plain, cooked vegetables (including potatoes)	buttered or creamed vegetables, raw vegetables, fried or deep fried vegetables
<b>fats</b>	avoid until you tolerate many kinds of foods	butter, margarine, gravy and spice sauces (such as barbeque sauce)
<b>desserts</b>	angel food cake, vanilla wafers, gelatin and sherbet	rich desserts
<b>seasonings</b>	salt and pepper in moderation	chili powder, red pepper, garlic, onion
sample menu (alternating dry and liquid foods)	<ul style="list-style-type: none"> <li>■ 7:30 a.m. (dry): dry toast, jelly or honey, canned fruit, dry cereal.</li> <li>■ 9 a.m. (liquid): tea with sugar and lemon, gingerale or 7-Up®</li> <li>■ 10:30 a.m. (dry): dry toast, Melba toast or crackers with jelly or honey, canned fruit or Jell-O® with fruit</li> <li>■ 11:30 a.m. (liquid): tea with sugar and lemon, gingerale or 7-Up</li> <li>■ 1 p.m. (dry): cold meat sandwich (no fat) with canned fruit or hot roasted meat (no sauce or gravy); rice, mashed or baked potato,</li> </ul>	<ul style="list-style-type: none"> <li>cooked vegetables (plain); canned fruit or Jell-O with fruit or sorbet</li> <li>■ 3 p.m. (liquid): tea with sugar and lemon, gingerale or 7-Up</li> <li>■ 4:30 p.m. (dry): hot roasted meat (no sauce or gravy), rice, mashed or baked potato, cooked vegetables (plain), canned fruit or Jell-O with fruit</li> <li>■ 6 p.m. (liquid): tea with sugar and lemon, gingerale or 7-Up</li> <li>■ 7:30 p.m. (dry): dry cereal, crackers and jelly</li> </ul>