



Partners for Women's Health, PA
Meeting the changing health needs of women

Suggestions for Nausea Control

The nausea of early pregnancy may be controlled, lessened, and occasionally eliminated. No one idea helps all women. One or two ideas may work well together. Try some or all of the following.

1. At night, place dry cereal or dry toast at bedside, along with jam or jelly. In the morning, before rising, eat these slowly. Stay in bed for 15-20 minutes; then get up slowly (no quick movements) and avoid unnecessary bending while dressing. Allow ample time for dressing, eating, morning chores, or getting to work. Avoid rushing.
2. Eat only solid foods early in the day. Divide breakfast into 2 or 3 small snacks to be eaten at one hour intervals. Use cooked fruit or well ripened banana, no juices. No fried or fatty foods. Later on, if thirsty, put ice in mouth, sip on clear sweet tea or coffee or skim milk.
3. Chew food well, eat slowly. Keep portion sizes small. Choose food that you really enjoy to insure a pleasant meal.
4. If certain food odors are bothersome, omit these foods. Fumes from open pot cooking, frying, or coffee brewing may cause nausea. Use the oven, cover pots, and make instant coffee.
5. Fat, oil or mayonnaise may cause nausea. Trim fat from meat before cooking. Use very little salad dressing, control butter or margarine added to cooked food. Use jelly, jam, honey or molasses on toast or bread and omit butter or margarine. Bake, broil, simmer or stew meats. Avoid fried foods. Use no gravy or cream sauces.
6. Take Vitamin B6 10 to 25mg orally every six to eight hours; the maximum treatment dose suggested for pregnant women is 200mg/day.
7. Keep busy. Get out to walk, visit friends and relatives. Just being out in the fresh air may help.

REMEMBER, this is a condition that will gradually disappear.

/ctb

Ob pkt nauseacontrol.10.15