

50-80% of pregnant women experience nausea, sometimes with vomiting during pregnancy.

The onset usually occurs around 5 weeks, it peaks around 9-11 weeks, and is usually gone by 12-14 weeks gestation. Occasionally, the nausea and vomiting will persist for several more weeks.

The reason for nausea and vomiting is unknown.

The Benefits: Pregnancies with normal nausea and vomiting have a lower miscarriage rate, lower rate of preterm birth, stillbirth, and low birth weight infants.

What to do to reduce or prevent nausea:



Eat small frequent meals and have snacks on hand, usually, women will feel better if they have something in their stomachs.



Avoid spicy foods

Sip fluids- clear fluids, carbonated, or sour like lemon-aid.



Eat a diet high in protein and bland foods like rice or toast, low in difficult to digest fats. Proteins digest slower, and settle the stomach for a longer period of time. Try eating something small before getting out of bed.



Some treatments to consider:

Acupressure: P6 (Neiguan point)

This can be done by yourself, your partner, or with Sea Bands



- Ginger can be effective means of reducing nausea and vomiting and there are many ways to prepare it. Do not use if you have been diagnosed with a bleeding disorder.

Dose: you can take these doses up to four times per day

1 tsp fresh grated ginger root

2 dropperfuls of a liquid extract (tincture or other extract)

ginger tea bag

Fresh tea: ½ tsp steeped in boiled water for 5-10 minutes

2 small pieces of crystalized ginger

Capsules- 250 mg or chewable ginger preparations

You may also find a candy form online or at a health food store



- Vitamin B6 (pyridoxine) may work for nausea
25 mg three or four times per day or 50 mg twice a day.
There are no harmful affects noted in pregnancy
- B6 can also be added with ½ tab (not capsule or melt) of Unisom (12.5 mg of Doxylamine) either once before bedtime, or twice a day; in the morning and before bedtime, depending on the severity of the nausea. Note: taking Unisom during the day may cause drowsiness.

If these treatments do not work, or if you prefer, your midwife can prescribe you a medication