



Nausea and Vomiting in Pregnancy

Nausea, with or without vomiting, is a common issue during the first trimester of pregnancy. It usually goes away by 16 weeks of pregnancy. The following are recommendations to reduce the severity and frequency of nausea and vomiting. If you are unable to keep anything down for 24 hours or more, please call your midwife.

- Eat small amounts frequently throughout the day (at least every 2-3 hours), focusing on getting protein with each snack and meal.
- Try keeping food by the bedside and to eat a little if you wake in the night and before getting up in the morning.
- Avoid foods that are not appealing
- Stay away from cooking smells
- Take vitamin B6, 50-100 mg twice a day
- Eat ginger – fresh, candied, in tea
- Seasickness bands or acupressure on your inner wrist may help
- Try acupuncture
- Step outside and get some fresh air, leave windows open when you're inside
- Try homeopathic remedies. It's best to consult with a homeopath, who can take a complete case history and will be better able to pinpoint which remedies might work for you. If you'd like to try on your own, keep in mind that it might take a while to find the right remedy. You may want to try them in the following order, discontinuing one after a day if there's no improvement and moving on to the next. Take any of the following in 30c strength, dissolving 3-4 pellets under your tongue every couple of hours when you are awake. Avoid drinking or eating for ½ hour before and after you take the remedy.
 - Sepia
 - Pulsatilla
 - Nux vomica
 - Ignatia
 - Phosphorus
 - Natrum Mur
 - Cocculus
 - Colchicum
 - Ipecac
 - Symphoricarpus