

Nausea in pregnancy

Nausea and vomiting are among the cardinal signs of early pregnancy, with an estimated 50% to 80% of pregnant women experience nausea and/or vomiting during the first trimester of pregnancy.

First line therapy:

Dietary and lifestyle changes are common first-line approaches. This includes taking only small amounts of liquid or food at a time at frequent intervals (every two hours). Avoid an empty stomach, avoid rich, fatty, or spicy foods (even smelling or cooking these types of foods). Have crackers on your night stand before getting out of bed in the morning also helps. Try eating snacks high in protein (i.e.: peanut butter, nuts, protein bars or protein shakes).

Ginger:

Ginger in doses equivalent to at least 1 gram per day (in divided doses) can reduce symptoms of nausea and vomiting. Ginger is available in a variety of forms, 1 gram of standardized extract is equivalent to 1 tsp of fresh grated ginger root, 2 droppers (2 ml) of liquid extract, four 8-oz cups of prepackaged ginger tea, four 8-oz cups of tea made with 0.5 tsp of grated ginger steeped for 5 to 10 minutes, 8 oz of ginger ale (made with real ginger), 2 pieces of crystallized ginger (ginger candy), or 2 teaspoons of ginger syrup. Capsules of ginger come in various dosages, ranging from 100 to 1000 mg, and chewable tablets contain 67.5 mg.

Vitamin B6:

Vitamin B6 (Pyridoxine) is a water-soluble vitamin and is effective in decreasing the severity of nausea. The recommended dose is 25mg three times a day. Adding Unisom 25mg with your bedtime dose can also help with morning nausea.

Antihistamines:

Benadryl, Unisom and Dramamine can be obtained without a prescription. Because antihistamines frequently cause drowsiness, you may not be able to take these medications throughout the day.

Benadryl 50mg every 4-6 hours as needed

Unisom 12.5mg twice a day or 12.5mg in the morning and 25mg at bedtime

Dramamine 50mg every 4-6 hours as needed.

Acupressure or Acupuncture:

“Sea bands” can be purchased at a pharmacy and are placed on both wrists over a specific acupressure point.

Acupuncture services can also be considered.