



Measures to Alleviate Nausea and/or Vomiting in Pregnancy

- Lying down
- Taking frequent fresh air walks
- Eating every 2-3 hours
- Increasing protein snacks
- Increasing ginger products—ginger ale, ginger snap cookies
- Eating sourballs and/or atomic fireball candies
- Wearing seaband bracelets for acupressure
- Substituting Flintstone vitamins with folate or iron for prenatal vitamins
- Fresh lemon juice and water mouth rinse
- Cutting lemons in half to smell
- Drinking lemonade
- Avoiding liquid with meals
- Avoiding greasy, fatty, and aromatic foods
- Drinking clear liquids and sodas (occasional Cokes can help)
- Taking supplemental Vitamin B6 – can take 25mg up to 3 times a day
- Help at home for cooking meals and caring for children
- Grocery delivery service
- Hypnosis and/or self-hypnosis for relaxation
- Support websites are available with info & shared experiences on morning sickness
- Atypical food/drinks such as potato chips, French fries, Granny Smith apples
- Foods with “built-in” fluid such as popsicles, watermelon, ice chips
- Air conditioning in the summer
- Eating a protein snack before getting out of bed
- Dill pickles
- Avoiding dairy products
- Reducing stress as much as possible
- Taking deep breaths
- Massage
- Meditation tapes
- Eating dry, unsalted crackers in the morning

Books: No More Morning Sickness

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