

## **SUGGESTIONS TO EASE NAUSEA AND VOMITING IN PREGNANCY**

- \* Carry crackers or fruit with you. Have frequent nibbles so that your stomach never gets empty.
- \* Have a snack during the night so your blood sugar does not drop too low by morning.
- \* Eat a dairy product or other protein snack before going to bed.
- \* Eat a high-carbohydrate diet: dry toast, honey, banana, baked potato, whole grain breakfast cereals, etc. This combined with a diet of at least 75 grams of protein a day should make a difference.
- \* Drink wheat germ dissolved in warm milk, a few teaspoons hourly.
- \* Put 3 drops of lavender essential oil with 1 drop of peppermint in a diffuser to scent the room and alleviate morning sickness (if a diffuser is unavailable, then put oil in a handkerchief and sniff periodically). To combat nausea, place a cool lavender oil compress to your forehead and warm lavender oil compress over the front of your rib cage.
- \* Drink red raspberry leaf tea.
- \* Drink ginger tea, made by boiling ginger root in water and then straining it. Add a little honey to sweeten, or you may prefer capsules of powdered ginger (obtainable in health-food stores). Unlike anti-nausea medications, ginger works in the gastrointestinal tract itself, not on the central nervous system. Experiment with the amount you need. Between five and fifteen capsules a day will usually keep nausea away. Sucking on candied ginger may also be effective.
- \* If you are taking iron tablets, see what happens when you stop. They often cause nausea and vomiting in early pregnancy, when they are less needed. Later in pregnancy, when iron replacement is likely to be needed, iron supplements usually cause less nausea.
- \* Avoid smoky rooms and cooking smells.
- \* Rest
- \* If you are vomiting a great deal, try a diet of one food only, one you know you can tolerate. Then add one other food the next day. If you tolerated that well, introduce one more and so on. Go back to the single food diet if you start vomiting again.
- \* Ask your care provider if he/she would recommend 50 mg of Vitamin B6 every 4 hours along with 400 mg of magnesium each morning. This supplement should not be taken longer than 3-4 weeks.

