



Obstetrical
Gynecological

Associates, Inc. *We Understand Women.*

MORNING SICKNESS



OGA EDUCATIONAL SERIES



WELCOME

Welcome to Obstetrical and Gynecological Associates (OGA). Thank you for choosing us for your care. We are women, mothers, sisters and daughters, just like you, so we understand your concerns and relate to your needs. Our mission is to always expect the best outcome while providing caring, competent and compassionate care.

OGA EDUCATIONAL CLASSES

For the latest information, visit www.weunderstandwomen.com/classes.

MORNING SICKNESS

Morning sickness is nausea and vomiting that occurs during pregnancy. Morning sickness can occur at any time of the day or night. Morning sickness is most common during the first trimester and usually begins by nine weeks after conception. Symptoms improve for most expectant mothers by mid to late second trimester. Some women, however, will have morning sickness throughout pregnancy.

Common signs and symptoms of morning sickness include nausea and vomiting, often triggered by certain odors, spicy foods, heat, excess salivation or with no triggers at all. Management options include various home remedies, such as snacking throughout the day and sipping ginger ale or taking over-the-counter medications to help relieve nausea.



REMEDIES

Available Over-the-Counter

- Emetrol. (up to three times a day).
- Vitamin B6 (up to three times a day).
- “Sea bands” (motion sickness wrist bands).

Only choose one of the following to try

- Benadryl (25 mg three times a day).
- Unisom (25 mg three times a day).
- Dramamine (50 mg three times a day).

Foods/beverages

- Ginger candies, cookies, ginger ale, sport drinks (any brand).
- Lemon/citrus candies (lemon heads), lemonade or add lemon to tea.
- Mint candies or peppermint tea.

Suggestions

- Avoid greasy, fried, or spicy foods. Bland foods such as crackers, potatoes, and plain pasta are often tolerated.
- Keep crackers next to your bed. Eat a few before rising and then get up slowly. (having a little something in your stomach before sitting up can help prevent nausea).
- Eat small, frequent meals throughout the day (every two hours). An empty stomach tends to feel more queasy.
- Stay hydrated by sipping fluids throughout the day. Try adding diced garlic root, sliced lemon, oranges, or limes to the water.
- Avoid gum chewing to reduce saliva production which can heighten nausea in pregnancy.