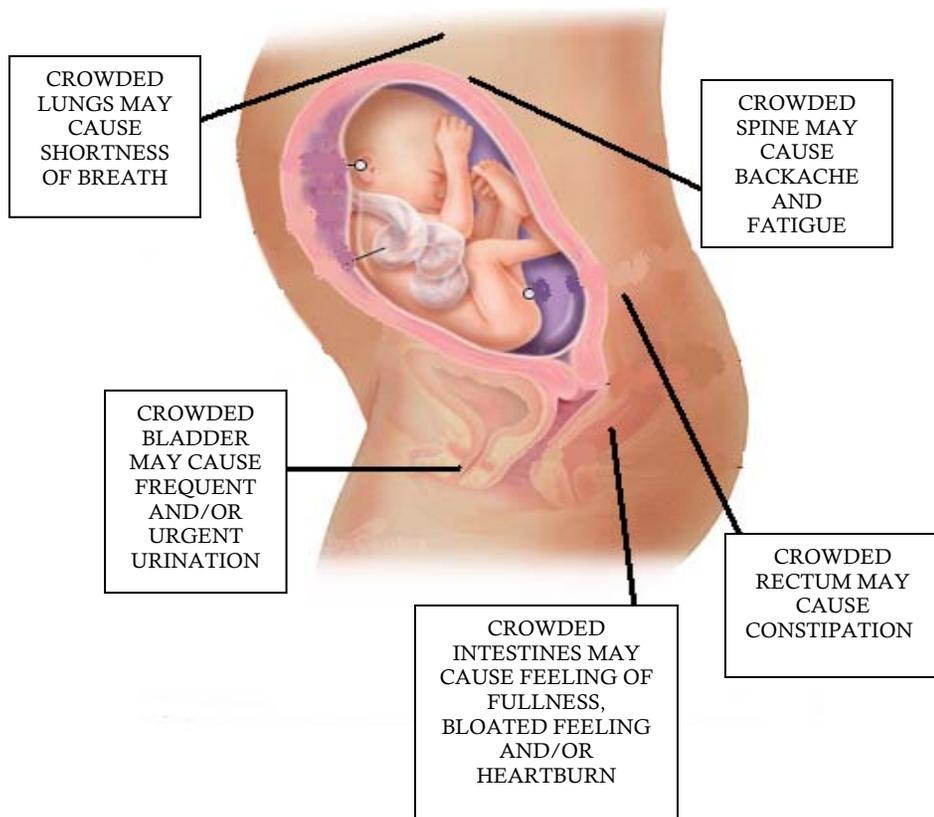


NAUSEA, VOMITING AND HEARTBURN DURING PREGNANCY

Pregnancy causes changes in hormone production which may affect blood sugar and muscles of the stomach and esophagus. These changes can lead to nausea, vomiting and heartburn.



Seeing how the expanding baby and uterus pushes your body around inside may help you identify reasons for the discomforts you feel.

NAUSEA AND VOMITING

Nausea during pregnancy, most often occurs in the morning, but may happen at any time. It may be triggered by low blood sugar, fatigue, alcohol, some foods, smoking and odors. Nausea during pregnancy is considered a healthy sign. Although the symptoms may seem dreadful at the time, the nausea will pass as your pregnancy progresses.

THINGS TO HELP RELIEVE NAUSEA/VOMITING:

1. Eat small, frequent snacks throughout the day so that your stomach is never empty. Try to eat at least every two hours during the day. Eat and drink slowly.
2. Eat high carbohydrate foods such as crackers. Some women find that carbohydrates are most appealing when they feel nauseated, but one small study found that high-protein foods were more likely to ease symptoms.
3. Keep snacks, like crackers, by your bed. When you first wake up, nibble a few crackers and then rest for 20-30 minutes before getting up.
4. It might help to stick to bland foods. Try to eat food cold or at room temperature, because it tends to have fewer aromas than when it is hot. Steer clear of rich, spicy, acidic and fried foods, which can irritate your digestive system. Avoid fatty foods as well, which take longer to digest.
5. Drink liquids one or two hours after meals instead of with meals to decrease the volume of intake at any one time. Cold liquids may be tolerated better than warm or hot liquids.
6. Strong aromas may cause nausea so open windows to get fresh air, weather and temperature permitting.
7. If not tolerated, avoid citrus, strong-flavored, gas-forming vegetables, coffee, highly seasoned or spicy foods and in fact, avoid any specific food causing nausea or vomiting.
8. Take supplements after meals, at bedtime or spread evenly throughout the day to avoid an upset stomach.

If vomiting is severe, please contact your doctor.