

Nausea, Heartburn, and Throwing Up during Pregnancy

Nausea (feeling like you're going to throw up), heartburn, and throwing up are normal to feel in the beginning of your pregnancy. This handout will tell you what you can do to feel better at home.

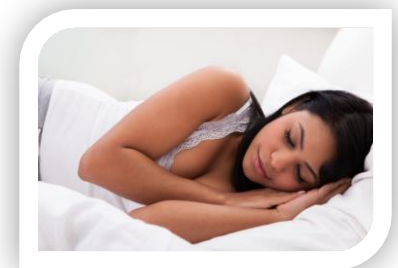
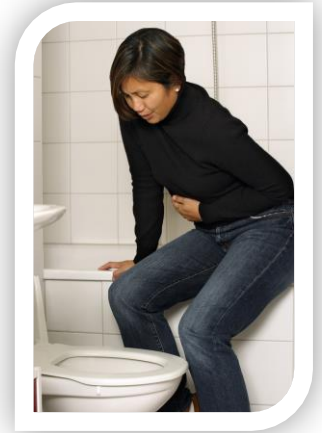
Too much throwing up can be dangerous.

If you have any of these symptoms, go to OB Triage.

- ⚠ You're throwing up more than 4 times in 1 day.
- ⚠ You feel dizzy, lightheaded, dehydrated (like you haven't drunk enough water).
- ⚠ You haven't peed in 12 or more hours.
- ⚠ You've lost more than 10 pounds.
- ⚠ Your throw-up is brown or bloody.
- ⚠ You can't keep food or drinks down for 1 day without throwing up.

If you feel nauseous—

- ☑ Rest.
- ☑ Drink lots of fluids, especially water.
- ☑ Try eating cereal, bananas, or rice to settle your stomach.
- ☑ Eat frequent small meals and snacks that are high in protein.
- ☑ Try eating crackers before you get out of bed in the morning.
- ☑ Take ginger capsules (250mg) every day or drink ginger ale or ginger tea.
- ☑ Take Vitamin B6 and Doxylamine. You can get them at the pharmacy without a prescription. Follow the directions on the box. If you don't understand the box, ask a medical professional.
- ☑ Try acupuncture or wrist bands.
- ☑ Take your prenatal vitamin at night or with food.
- ✗ Don't eat spicy or fatty foods.
- ✗ Don't go near things that smell bad.



If you feel nauseous,
try to rest.



If you have heartburn (a burning feeling in your chest)—

- ✗ **Don't** take medicines with aspirin or baking soda like Alka-seltzer or Pepto-Bismol
- ✗ Don't lie down right after you eat
- ✗ Don't eat acidic, spicy, and fried foods
- ☑ Try chewing gum or an antacid with calcium
 - You can try Tums, liquid Mylanta, and Zantac. Follow the directions on the box.

If you are having trouble drinking a lot of water—

- ☑ Add a squeeze of lemon or lime to your water.
- ☑ Soak some fruit in your water and refrigerate it overnight. Try pineapples, cucumbers, berries, or melons.
- ☑ Make ice cubes from sugar-free cranberry juice or freeze clementine wedges to cool your water.
- ☑ Tear up some mint or basil leaves and add them to chilled water.



If you're getting tired of drinking plain water, try adding lemon or mint!



If you have heartburn or feel nauseous, don't eat spicy foods.