



Coping with Nausea

Are you having morning, afternoon, night, or all day queasiness? Here are some comfort measures to help cope with these troublesome pregnancy symptoms.

- Keep simple complex carbohydrate snacks, such as crackers, by your bedside. When you wake up, nibble a few crackers, and then rest for 20 to 30 minutes before getting out of bed.
- Eat small, frequent meals. An empty stomach can increase nausea. Aim for foods high in protein or carbohydrate, as both can help fight nausea.
- Try taking 50 mg of Vitamin B6 twice a day. B6 helps the body metabolize certain amino acids (proteins), which may somehow reduce nausea (no one knows exactly why this works).
- Discontinue your prenatal vitamins temporarily. If the nausea improves, give yourself a few days and then reintroduce the vitamins. Try taking them at night before bed.
- Since iron can be hard on your digestive system, stop taking supplements for the first trimester unless you're anemic. Add iron rich food to your diet instead.
- Avoid rich, spicy, acidic, or fried foods, and eat less fat in general.
- Though it's important to keep yourself well hydrated, try drinking fluids only between meals, and limit them during meals. Try sips instead of gulps.
- Keep snacks on hand. Try eating small amounts of bland food throughout the day. Good choices include crackers, animal crackers, yogurt (high in B vitamins, which can decrease nausea), or anything else you can tolerate.
- Sniff lemons. The smell of a cut lemon may help your nausea. Put slices in your ice tea or sparkling water.
- Drink ginger ale, ginger tea, or mint tea. Ginger and mint are known to settle the stomach and help queasiness.
- Try acupressure bands. You can find Sea-Bands, a soft cotton wristband with a plastic button, at most drug stores. This simple device, created to fight seasickness, has also helped many pregnant women with morning sickness. Strap it on so that the plastic button pushes against an acupressure point in your wrist. Most women begin feeling some relief.
- Try NoQweez tablets available at local drug stores.