



Palmetto Women's Health, PC

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MORNING SICKNESS

Nausea and vomiting frequently occur during the early part of pregnancy. Although it is often referred to as “morning sickness”, it can occur at any time of the day or night. Usually, it disappears after the third month. Because of the increasing levels of hormones, the secretory cells in the stomach increase their production of gastric juices. At the same time, the bowel slows down its ability to empty the contents of the stomach. This then causes the feeling of nausea and, in some cases, vomiting.

To prevent morning sickness, try the following suggestions until you find something that works for you.

1. Eat a piece of bread or a few crackers before you get out of bed in the morning.
2. Get out of bed slowly. Avoid sudden movements.
3. Have some yogurt, cottage cheese, juice, or milk before you go to bed.
4. Eat several small meals during the day so your stomach does not remain empty for long periods.
5. Eat high-protein foods—eggs, cheese, meats—as well as fruits. These foods help prevent low levels of blood sugar which may cause nausea.
6. Avoid greasy, fried, spicy, or heavily seasoned foods.
7. Try spearmint, raspberry, or peppermint tea.
8. Get fresh air. Sleep with your windows open.
9. Follow the suggestions in the HYPEREMESIS DIET.
10. If vomiting persists despite these interventions, you should call the office. Anti-nausea medications are available and can be prescribed for you.