

Morning Sickness

Foods to Avoid:

- Hard-to-digest foods: fatty foods (like fatty meats), fried foods, rich pastries
- Spicy foods, strong flavors, foods with strong aromas
- Caffeine

Helpful Hints:

- Get fresh air
- Walk everyday
- Eat foods that are high in carbohydrates (crackers, toast, baked potatoes)
- Eat small, frequent meals
 - Do not let your stomach get too full or too empty
- Drink only between meals.
 - Wait 30 minutes after eating before you drink something.
- Eat a high-protein snack at bedtime (hard-boiled egg, peanut butter, ½ turkey sandwich, or cheese with a slice of bread)
- Eat before getting out of bed in the morning.
 - Try a high carbohydrate snack
- Avoid cigarettes and cigarette smoke

Home Remedies:

- Try sipping teas
 - Peppermint, spearmint, ginger, fennel, anise, or raspberry leaf
- Try ginger root capsules
 - Up to 25 capsules a day has been helpful for some women
- Try Vitamin B6 50mg with ½ Unisom (Doxylamine) tablet twice a day (in the morning and at night)

**** If you are not able to keep anything down (food or fluids) for 24 hours, notify your provider!**