

## Nausea/Vomiting (Morning Sickness)

### Prevention:

Eat a piece of bread or a few crackers before getting out of bed in the morning or when nauseated, then rest quietly for a while.

Do not let your stomach get empty; eat small amounts of food every 2-3 hours.

Eat slowly and do not overeat.

Avoid water and other fluids before breakfast.

Eat low-fat protein foods: peanut butter on apple slices or celery, cheese and crackers, cottage cheese, yogurt sprinkled with granola, ½ or ¼ sandwich, lean meat, broiled or canned fish, poultry without skin, eggs, boiled beans, and easily digested carbohydrates such as fruit, fruit juices, breads, cereals, rice, pasta, potatoes. Such foods provide important nutrients (including B vitamins) and may help prevent low blood sugar, which can cause nausea.

Drink soups and other liquids between meals, rather than with meals, so as not to overly distend the stomach and trigger vomiting. Avoid caffeine and carbonated beverages.

Avoid greasy or fried food, which may produce nausea because they are hard to digest. Even the aroma from cooking such foods for others can cause nausea.

Eat lightly seasoned foods, but salt to taste.

Ginger products: ginger ale, pickled ginger, and ginger preserves should be tried.

Dill pickles: some find dill to have a calming effect and to be soothing to the stomach.

Fresh lemon juice and water mouth rinses.

Sucking on Atomic Fireball candies.

Atypical food/beverages, such as potato chips, lemonade, lemons (to smell), and Granny Smith apples.