

Navigating Nausea and Vomiting During Pregnancy

Pregnancy is an incredible journey, but nausea and vomiting can sometimes make it challenging. Commonly known as “morning sickness,” these symptoms can occur at any time of day, especially during the first trimester. While it can feel overwhelming, there are effective ways to manage these discomforts and support your well-being.

What Causes Pregnancy Nausea?

Nausea and vomiting during pregnancy are thought to be linked to hormonal changes. If you’ve experienced motion sickness or stomach sensitivity before pregnancy, you may be more likely to experience it. The intensity varies for each person and typically peaks around 8 to 10 weeks, often subsiding by 12 to 16 weeks.

CALL US IF:

- You cannot keep food or liquids down for 24 hours.
- You’re vomiting multiple times daily.
- You experience abdominal pain, fever, or difficulty urinating.

Our midwives are here to support you every step of the way. Call us at 615-436-6235 (press 1) for guidance.

Tips for Managing Nausea

DIETARY CHANGES

Small, Frequent Snacks: Keep your stomach from being empty by eating every 2–3 hours. Foods high in protein and healthy fats, such as nuts, eggs, avocado toast, or hummus with veggies, are great options.

Morning Stomach Soothers: Crackers or dry toast before getting out of bed can help ease morning nausea.

Carbs & Plain Foods: Potatoes, noodles, or dry cereal can be gentle on your stomach.

Avoid Triggers: Strong odors, greasy or spicy foods, and very hot meals can worsen symptoms.



NATURAL REMEDIES

Ginger: Sip on ginger tea, chew crystallized ginger, or take ginger capsules (check with us for the right dosage).

Citrus: Sour flavors like lemon or lime can combat nausea. Add a splash to your water or try a sour lozenge like Preggie Pop Drops.

Peppermint Oil: Breathe in peppermint essential oil or diffuse it in your space. Avoid applying it directly to the skin.

Cool Compress: A cold washcloth or ice pack on the back of your neck can provide instant relief.

SUPPLEMENTS AND OVER-THE-COUNTER OPTIONS

Vitamin B6 (25 mg): Up to three times daily may reduce nausea.

Unisom (Doxylamine): Often paired with B6 for additional relief. Start with a half tablet as it may cause drowsiness.

ADDITIONAL SUPPORT

Sea-Bands: Acupressure wristbands available at most drugstores or Amazon can reduce nausea naturally.

Stay Hydrated: Dehydration worsens symptoms. Sip water or try small amounts of carbonated beverages between meals.

When Diet and Remedies Aren't Enough

If nausea is affecting your daily life, prescription medications may be an option. There are safe and effective treatments we can tailor to your needs. Let's discuss what works best for you.

Call us or message via the Mobile Midwife chat if you have concerns or need additional support. Together, we can find the right solutions for you.

