

Morning Sickness

What is morning sickness?

- Morning sickness happens during pregnancy. It is when you feel nauseous, sick to your stomach, or like you are going to throw up.
- Morning sickness can happen at any time of the day. But it is called morning sickness because it is often worse in the morning.
- Morning sickness is a real issue for many pregnant people. It is not just in your head.



What causes morning sickness?

When you are pregnant, your hormones change. These changes can cause morning sickness.

What are some signs of morning sickness?

- You feel sick to your stomach or throw up.
- You aren't hungry.
- Some smells make you feel like you're going to throw up.
- You are more tired than usual.
- You are losing weight.

Morning sickness should go away. Most people feel better after the first 12 weeks of pregnancy.



Morning sickness is common. It is nothing to worry about. But see your doctor right away if:

- You throw up almost every time you eat or drink.
- You're not eating or drinking because you feel nauseous.
- You throw up blood.
- You are dizzy or pass out.
- You can't focus.
- Your eyesight is blurry, foggy or you see double.
- You can't keep vitamins down.
- You are peeing less often than usual or your pee is dark yellow.
- Your mouth is very dry.

What can I do about morning sickness?

- Eat as soon as you feel hungry or before you get hungry.
- Eat small meals a few times a day.
- Avoid things or foods that make you feel sick.
- Avoid spicy or fatty foods.
- Drink lots of water to stay hydrated.
- Drink cold, clear drinks that are fizzy or sour, like lemonade or ginger ale.
- Eat ginger or lemon flavored candy.
- Don't lie down right after you eat.
- Try Vitamin B6 from the drugstore. You do not need a prescription.
- Take your vitamins with a snack before you go to bed.
- Brush your teeth right after you eat.
- Rest as much as you can.
- Ask your doctor about acupuncture.
- Try wearing Sea Bands on your wrists. These are bands that help fight nausea.
- Weigh yourself once a week to make sure you haven't lost too much. Talk to your doctor about how much weight is okay to lose.

If your morning sickness gets very bad, talk to your provider about medicines you can take. **Don't take any medicines without talking to your provider first.**