

Helpful tips to control nausea and vomiting:

What you eat, and when

- In the morning, eat a few crackers and rest for 15 minutes before getting up.
- Get up slowly and do not lie down right after eating.
- Eat small meals or snacks often so your stomach does not become empty (for example, every two hours). Try not to skip meals.
- Eat what you feel like and eat when you are hungry, though you may want to avoid cooking or eating spicy, fatty or fried foods because of the smell.
- If cooking smells bother you, open windows and turn on the stove fan. If possible, ask someone else to cook. Eat cold food instead of hot, as it may not smell as strongly.
- Sniffing lemons or ginger can sometimes help an upset stomach.
- Eating salty potato chips can help settle the stomach enough to eat a meal.

Tips to get enough fluids

- Sip small amounts of fluid often during the day.
- Avoid drinking fluids during, just before or immediately after a meal.

Food ideas to help relieve nausea

- Salty: Chips, pretzels
- Tart/sweet: Pickles, lemonade
- Earthy: Brown rice, mushroom soup, peanut butter
- Crunchy: Celery sticks, apple slices, nuts
- Bland: Mashed potatoes, gelatin, broth
- Soft: Bread, noodles
- Liquid: seltzer, sparkling water, ginger ale
- Dry: Crackers

Getting enough rest

- Get plenty of rest, and try napping during the day; nausea tends to worsen when you are tired. Many women find they need more sleep in the first three months of pregnancy.
- You may need to take some time off work or make other arrangements for household chores and childcare.
- Get help and support from friends and family.

Lifestyle strategies

- Get plenty of fresh air and avoid warm places as feeling hot can add to nausea.
- If multivitamins make your nausea worse, try taking your prenatal vitamins with food or just before bed. There are also pills that are smaller or have lower iron content.

Is there medication that can help?

Many women want to avoid taking medicine when they are pregnant. However, changing your diet and daily routine might not be enough to relieve your symptoms. You shouldn't feel guilty about wanting to feel better, and your health-care provider can prescribe medication to help reduce your nausea and vomiting.

In Canada, Diclectin® is the only medication approved for the treatment of nausea and vomiting in pregnancy. It contains doxylamine (an antihistamine) and pyridoxine (vitamin B6). Its safety and effectiveness for pregnant women is recognized by Health Canada and studies have shown no evidence that harmful effects are experienced by babies.

If this medication does not ease your symptoms, speak with your health-care professional to discuss other solutions.