

**Morning Sickness Prevention and Treatment for a Variety of Issues**

**BEFORE YOU GO TO BED:**

Be sure to have plenty of fresh air in your room. Avoid odors such as soiled clothing. Place some dry cereal or dry bread within reach of your bed. You can use toast, dry bread, dry biscuits, uncooked oatmeal, ready-to-eat cereals, or crackers.

**BEFORE YOU GET UP IN THE MORNING:**

Eat some of the dry bread or cereal. A little jelly may make it taste better, but avoid butter or margarine. Get up very slowly, taking several minutes. Avoid sudden movements.

**WHEN YOU COOK:**

Have a window open while you cook to eliminate odors.

**MEALS:**

Eat several small meals a day instead of three large ones. You are likely to get nauseous when your stomach is empty. Avoid drinking fluids at mealtime. Instead take fluids, juice, soup, etc. between meals. Try not to overeat at meals.

**FOODS TO AVOID:**

Fatty, fried or greasy foods including too much butter, gravy, bacon, salt pork, oils, mayonnaise, salad dressings, pie crusts, or pastries. Also avoid highly seasoned or spicy foods.

**OTHER THINGS TO TRY:**

Take Vitamin B-6, 25mg, 3 times per day.
Ginger root, lemon and papaya can naturally decrease nausea.
You can pick up a Sea-Band acupressure band at the local pharmacy.
Try taking your prenatal vitamin at night, or you may stop the prenatal vitamin temporarily and instead take 1mg of folic acid daily until your nausea subsides.
Unisom (doxylamine) – over the counter sleep aid. Dose is 12.5-25mg at bedtime

**IF YOU CONTINUE TO VOMIT:**

Talk to your doctor to see if we can help.