

MORNING SICKNESS

Feeling sick to your stomach or vomiting is most common during the first 3 months of pregnancy. It often occurs in the morning but can occur any time throughout the day. By your 4th month of pregnancy you will most likely be feeling better. To lessen “morning sickness” try some of these tips:

- **Eat often!** Though you may not feel hungry, try to get something into your stomach every 2 or 3 hours throughout the day. An empty stomach can make you feel worse.
- **Before getting out of bed, eat some crackers, dry cereal, dry toast, bread sticks, plain popcorn, vanilla wafers, or pretzels.**
- **Drink fluids between meals.** Try 100% fruit juice, low-fat milk, water, caffeine-free soda. Drink often, especially if you are vomiting.
- **Eat less fatty foods.** Skip fried foods, butter or margarine, salad dressings, gravy, bacon, sausage, pastries, pizza, donuts. Try fresh fruit, lean meat, and low-fat milk and salad dressings.
- **Try a sour or salty food.** Some women find that a tart or sour food like lemons, or a salty food like pretzels, helps lessen “morning sickness.”
- **Eat foods that sound good to you.**
- **Just the smell of food cooking can make you feel sick.** Try to cook with a fan running or an open window. Or, better yet, let someone else cook when possible. Keep foods on hand that don’t have to be cooked and that don’t have a strong smell. Try:

- fresh fruit
- yogurt
- sherbet
- hard-boiled eggs
- cold sandwiches
- cheese & crackers



MORE TIPS TO TRY

- **Try to identify the smells that bother you and avoid them.** Smells can cause or worsen “morning sickness.”
- **If you smoke, quit or cut way down.**
- **Try to rest often.** Getting over-tired can make your “morning sickness” worse.
- **Move slowly!** Don’t make sudden movements. Get out of bed or out of a chair slowly.
- **Don’t drink liquids with caffeine.**

Call your health care provider if you are vomiting more than three times a day. Do not take any medications without asking your health care provider.

