



# Nausea & vomiting

Nausea is when you feel like throwing up. Vomiting is when you do throw up. They are both signs of morning sickness. It is usually due to changes in hormones. Low blood sugar levels also cause it.



Despite its name, morning sickness can happen any time of day. It can even happen in the evening. Morning sickness usually begins around the 6th week. For most women, it ends after the first trimester. For some, it lasts longer. For a few, it can last the whole pregnancy.

Upset stomach and throwing up can also be caused by:

- A virus in the intestines. Diarrhea can go along with this.
- Spoiled food
- Eating or drinking too much



## TRIAGE QUESTIONS

After vomiting, do you have any signs of dehydration?

- Feeling confused, light-headed, dizzy, or weak
- Passing very little or no urine. Extreme dryness of mouth and eyes. Wrinkled skin that doesn't spring back when you pinch it.
- Rapid pulse. Fast breathing.

NO

YES

► GET EMERGENCY MEDICAL CARE

With vomiting, do you have these signs?

- The vomit is bloody-colored or looks like coffee grounds.
- Extreme swelling of the feet, hands, ankles, or face. Severe headache, feeling dizzy, blurred or double vision.
- Severe pain in the top right part of your abdomen. Constant pain anywhere in the abdomen

NO

YES

► GET EMERGENCY MEDICAL CARE

Do you have any of these symptoms with vomiting?

- Fever and shaking chills
- Pain in one or both sides of your back
- Burning when you pass urine. Bloody or cloudy urine.
- Pain in your bladder area

NO

YES

► CALL DOCTOR

Is throwing up so severe that you can't keep fluids down?

NO

YES

► CALL DOCTOR

Are you throwing up medicine that your health care provider has prescribed?

NO

YES

► CALL DOCTOR



USE SELF-CARE



## SELF-CARE

- Keep crackers or dry cereal by your bed. Eat a few crackers or a handful of dry cereal in bed. Do this before you lift your head up in the morning.
- Get up and out of bed slowly. If you can, sit in bed for a half-hour before you get up.
- Don't take any medicine without your health care provider's okay.
- Write down the times when your stomach is upset and when you throw up. These may happen only after you eat certain foods. Or they may happen with certain smells. Once you know what they are, you can avoid them.
- Use these tips to keep your blood sugar from getting too low:
  - Eat small regular meals and snacks throughout the day. Focus on foods high in healthy carbohydrates. Examples: whole grain breads and cereals, quinoa, whole wheat pasta, brown beans and other legumes, vegetables, fruits.
  - Have a good source of protein at each meal. Examples: lean poultry, beans and other legumes, tofu, low-fat milk or yogurt.
  - Have a snack before you go to bed at night.
  - Avoid foods with high sugar content.
  - Don't drink alcohol.
- Avoid fried or greasy foods. These foods have a lot of fat. Fat stays in the stomach for a long time. This can lead to nausea.
- Avoid spicy foods.
- Take your prenatal vitamins with meals. This helps prevent stomach upset. Your doctor may prescribe supplements to help nausea.
- Ask your health care provider about taking ginger and in what form.
- To get rid of cooking smells and odors:
  - Open the windows.
  - Run fans in the house. Use the exhaust fan on the stove.
  - Use a portable air cleaner or air purifier.
- Get plenty of rest and quality sleep.
- Don't smoke.
- Stay away from smoke and smoky rooms. Even stay away from cooking smells.
- Discuss any home remedies with your health care provider. Do this to make sure they are safe.
- Ask your health care provider about a relief band. That's a wrist band that uses acupressure and may help with an upset stomach and throwing up.
- If self-care brings no relief, call your health care provider. They can prescribe medicines. Sometimes, IV fluids are needed.