

Managing Morning Sickness

Nausea and vomiting are almost universal during the first trimester of pregnancy and usually improve by the 12-week mark. In rare cases, they may continue until your baby is born. The exact cause is unknown but pregnancy hormones are the likely culprit. While an unfortunate part of pregnancy, you can be assured that it doesn't cause any harm to your baby unless it is severe enough to cause dehydration and weight loss. Although it is usually referred to as 'morning sickness', if you are or have been pregnant, you will know that it can occur at any time of the day, and if you are unlucky it may stick around all day!

If you are experiencing nausea and vomiting, the following suggestions may help:

- Try a piece of dry toast or cracker biscuits before getting out of bed – you might want to keep a supply of dry crackers by your bed.
- Eat small regular meals and snacks over the day rather than 3 large meals.
- Eat according to your appetite rather than worrying about normal mealtimes.
- Avoid strong smelling foods and if possible, see if someone else can help with cooking and preparing your meals.
- Get plenty of fresh air and keep rooms well ventilated.
- Drink plenty of fluid. If you can't tolerate plain water, try dry ginger ale, lemonade or sparkling mineral water. You may find it better to sip on fluids over the day rather than drinking large amounts at a time.
- Avoid fatty and highly spiced food.
- Try eating foods or drinks containing ginger, such as ginger tea or dry ginger ale, which some studies have found may help with nausea in pregnancy.
- If you are vomiting it is important to take extra care to stay hydrated. Oral rehydration fluids or diluted soft drink may be useful.

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