

Morning Sickness

Mild symptoms do not have a negative effect on the fetus

Diet:

- small frequent meals
- complex carbohydrates before rising such as crackers, toast, or cereal
- have high protein snacks such as yogurt or nuts
- take fluids between meals rather than with meals
- sip carbonated beverages such as ginger ale or sprite in small amounts
- sip clear liquids such as: clear soups or broth, diluted Gatorade, jello water, ginger or any herbal tea with sugar, and popsicles

Helpful medications:

- Vitamin B6 50mg - one by mouth three or four times a day
- Emetrol 15 ml - on arising, can repeat every three hours

Avoid:

- Coffee
- Alcohol
- Iron and vitamins
- Fried foods
- High fat foods
- Spicy foods
- Dairy products

Additional rest periods during the day are encouraged. Call you doctor if you are unable to retain small amounts of liquids for twelve hours.

