

## What about medication?

If nausea or vomiting is severe, your Health Care Provider (HCP) can give more information about medication that can help.

Diclectin is the only approved treatment for nausea and vomiting in pregnancy. It does not affect the developing baby and is safe to take. It can help a lot with nausea and vomiting. It is only available by prescription from a HCP.

## Can nausea and vomiting in pregnancy cause stress or affect relationships?

### Possibly, it can:

- Make it difficult for you to do things you usually enjoy
- Affect finances if you work less
- Increase the amount of work your partner/support needs to do

Talk to your HCP with your partner/support. Your HCP can make it clear that:

- This is not your fault
- You need their support and care

## When is nausea and vomiting serious?

For most women, nausea and vomiting lessens during the day.

Some women have trouble keeping any food or fluid down - this may harm you and your unborn baby.

### Get help right away if you:

- Vomit more than four times a day
- Feel lightheaded or weak
- Have dry lips and mouth
- Have dark yellow or smelly urine (urinate less than 3 times per day)
- Have lost 5 or more pounds (2 kg) in last 1-2 weeks



This may mean going to the Hospital Emergency Room



Ask your Health Care Provider what can help you (and your partner/support) cope with your nausea and vomiting  
They are there to help

### For more information call or see:

#### Your Health Care Provider

**Region of Waterloo  
Public Health and  
Emergency Services**  
519-575-4400  
TTY 519-575-4608

[www.regionofwaterloo.ca/pregnancy](http://www.regionofwaterloo.ca/pregnancy)

#### Society of Obstetricians and Gynecologists of Canada

[www.pregnancyinfo.ca/your-pregnancy/healthy-pregnancy/nausea-and-vomiting](http://www.pregnancyinfo.ca/your-pregnancy/healthy-pregnancy/nausea-and-vomiting)

Learn more about  
Healthy Pregnancy at  
[www.regionofwaterloo.ca/onlineprenatal](http://www.regionofwaterloo.ca/onlineprenatal)



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# Coping with nausea and vomiting during pregnancy



## Are nausea and vomiting common in pregnancy?

Yes! Up to 85 per cent of women have nausea, retching and/or vomiting, especially in the first 4 months of pregnancy. This “morning sickness” can happen at any time of day or night. It usually stops by 16 weeks of pregnancy. Some women will have it longer, or throughout their pregnancy.

## Does every woman get nausea and vomiting?

No. Don't worry - women without nausea and vomiting are not at higher risk of problems in their pregnancy.

## What causes nausea and vomiting?

- Heartburn and indigestion – caused by the stomach emptying more slowly - this happens in 85 per cent of women – ask your Health Care Provider what will help
- Changed sense of smell and taste
- Being too hungry or thirsty
- Swallowing excessive saliva
- Being overtired, stressed or angry
- Having a large or multiple placenta(s)



## What increases my chance of nausea and vomiting?

- If you had severe nausea and vomiting in a past pregnancy – you have up to an 85 per cent chance of having it again
- If you have a family history of severe nausea and vomiting during pregnancy



## What helps with nausea and vomiting?

Ask your support people for help with chores so you can rest and sleep.

Every 1-2 hours eat small amounts of:

- What tastes good – try to follow Eating Well with Canada's Food Guide
- Bland, dry, starchy or salty foods, especially before getting out of bed or in your first meal of day
- Healthy carbohydrates (grains/ starches, milk/yogurt, fruit) to prevent drop in blood sugar (this makes nausea worse)
- Protein (milk, yogurt, cheese, nuts, eggs, legumes, meat, chicken, fish)

Avoiding fatty, fried or spicy foods – these are hard to digest

Drinking small amounts of fluids throughout the day:

- Cold fluids may taste better
- Drink 30 minutes before or after eating
- Discuss use of ginger with your Health Care Provider

To reduce nauseating smells and tastes:

- Chew sugar-free gum
- Avoid cooking spicy foods
- Keep windows open or turn on stove fan when cooking
- Have someone else cook
- Eat cold foods if smells cause nausea
- Smell ginger, mint, citrus or take deep breaths

Waiting to brush teeth, don't brush right after eating

Laying with your head and body up on pillows if resting after eating

Asking Health Care Provider:

- Other options if trouble taking prenatal vitamins
- If supplements, medicine and alternative medicine options (such as motion sickness bands) are safe and may help.

