

# NAUSEA AND VOMITING DURING PREGNANCY



## WHAT IS NAUSEA AND VOMITING DURING PREGNANCY?

Nausea and vomiting during pregnancy or morning sickness is a common medical condition during pregnancy. Symptoms of morning sickness can range from mild to severe and can pass at any time of the day or night. Symptoms may include nausea, dry vomiting, vomiting with nothing to pass or regular vomiting. In general, nausea and vomiting appear at 5 weeks gestation, peak at 9 weeks, and disappear between 16 and 18 weeks.

The presence of severe and persistent nausea and vomiting during pregnancy is known as hyperemesis gravidarum and occurs in up to 3% of pregnant people. Hyperemesis gravidarum can bring severe nausea and constant vomiting that cause weight loss and dehydration.

If you have these symptoms, you may require hospitalization. If nausea during pregnancy is affecting your ability to eat, drink, sleep or perform your daily activities, talk to your health care provider.

## IS MORNING SICKNESS HARMFUL TO MY BABY?

Morning sickness usually is not harmful to your baby. Studies have suggested that women with morning sickness may have fewer miscarriages, as well as babies with birth defects.

## ARE THERE EFFECTIVE TREATMENTS TO TREAT MORNING SICKNESS?

There are several treatments that can help pregnant people. No therapy will help 100% of people and some pregnant women may need a combination of therapies.

## WHAT CAN I DO TO HELP CONTROL MY NAUSEA AND VOMITING?

Diet and lifestyle changes can help with nausea during pregnancy. These include recommendations such as:

- Eat small meals or a snack every 1 to 2 hours.
- Add a protein source to each snack.
- Drink cold or partially frozen liquids daily (8 cups) at each meal.
- Keep solids and liquids separate, drinking 20 to 30 minutes before or after meals or snacks.



For more information, please contact the Preventive & Educational Community Services Unit **787.277.6571**.



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