



Help For Morning Sickness

No one knows for sure what causes morning sickness. Many people never have it, others have it severely throughout pregnancy. If you have severe sickness, lasting most of the day and causing you to vomit most days, talk to your midwife. This may require treatment. (Outlined here are some suggestions for getting you through this time).

Eat regularly

One theory about the cause of morning sickness has to do with changes in your blood sugar. We recommend small frequent meals every two to three hours during the day. Have something to eat as soon as you get up. This could be crackers, popcorn, raisins, almonds, peanuts or even cheese to give you a protein boost. These items are easy to keep by the bed or to have for a snack anytime. A glass of fruit juice also helps to elevate your blood sugar quickly. Don't forget to have a little something at bedtime too.

Avoid getting hungry; this is often when the nausea starts up again. Avoid greasy or spicy foods which often upset the stomach. Many people recommend dry salty crackers or dry toast to eat when the nausea has started. Salt your food to taste and be sure to try to drink 8 glasses of water throughout the day.

Vitamins

You may find that taking your vitamins brings on morning sickness. Try taking them during or at the end of a meal and discuss what vitamins you need with your midwife. Some people find that B6 supplements help specifically with nausea. Liquid forms of multi-vitamins may cause less nausea, but you may need to stop taking your vitamins completely for a while. Talk to your midwife about this.

Herbs

Red raspberry leaf, peppermint or spearmint tea may be helpful for morning sickness. Ginger may also be helpful. This can be taken as capsules or as a tea.

Pressure points

There is an anti-nausea pressure point on your wrist. This method may be successful for those who wish to try it. Ask your midwife for more details if you are interested in using this method. You can purchase the "Sea Band" from your local pharmacy for use for long periods of time

Homeopathies

For those interested in using these products we recommend that you consult a naturopath or homeopath.

Labourade

Sipping Labourade may help. You can make this by using fresh lemon or 1/3 cup lemon juice, approximately 1/3 cup of honey, 1/8 teaspoon salt and 1 tablespoon calcium-magnesium and put into 1 quart of water. Drink slowly throughout the day.

Prescriptions

For unresolved or serious nausea and vomiting, a safe and effective medication (Diclectin) is available by prescription. Talk to your midwife. For more information you can call the Motherisk Help Line at 1-800-436-8477.

Let us know what works for you. We are always keen to learn what helps other people.