



SUNFLOWER WOMEN'S HEALTHCARE, LLC

*Helpful Hints for Relieving Morning Sickness*

- ***Keep Snack by the bed*** – Try eating dry toast or crackers in the morning before you get out of bed to avoid moving around on an empty stomach.
- ***Drink Fluids*** – Your body needs more water in these early months so aim to drink fluids often during the day.
- ***Avoid Smells that bother you*** - Foods or odors that may have never bothered you before may now trigger nausea. Do your best to stay away from them.
- ***Eat small and often*** - Make sure your stomach is never empty by eating five or six small meals each day. Try the BRATT diet (bananas, rice, applesauce, toast and tea), which is low in fat and easy to digest.
- ***Try Ginger*** – Ginger ale, tea, or candies made of real ginger can help settle your queasy stomach.
- ***Peppermint/Spearmint*** - Either smelling it in aromatherapy or tea can help curb nausea.
- ***Take a Supplement*** – Vitamin B6 is known to help relieve nausea (25mg twice a day) and Unisom at night.
- ***When to call the office*** – When nothing is working and you are unable to keep any fluids down. Please call our office to discuss other options that may require a prescription.