



Nausea During Pregnancy

Tips to help prevent nausea and vomiting

Nausea or vomiting (morning sickness) may occur during the early months of pregnancy. It usually disappears after the 3rd month.

- Eat dry cereal, crackers, or dry toast before getting out of bed in the morning. Put these within reach of your bed the night before.
- Get out of bed slowly.
- Eat 5 to 6 small meals a day. Never go without food for long periods of time.
- Do not eat greasy, fried, or spicy foods.
- Do not brush your teeth right after eating.
- Drink soups or juice between meals, not with meals.
- When you cook, open windows or use the exhaust fan to get rid of food odors (smells).
- When you feel nauseated, slowly sip on carbonated beverages, water, or apple juice.
- Have a snack before bedtime.
- Get plenty of fresh air in the room you sleep in.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Dietitian/Diet Technician: _____

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