

Here are some helpful tips:

- Eat dry toast or saltine crackers before getting out of bed if nausea is worse in the morning.
- Allow yourself plenty of rest. Fresh air in the sleeping area can help.
- Get up slowly, avoid sudden movements, and do not lie down right after eating.
- Eat small, frequent meals to avoid strong hunger. Being “empty” can trigger nausea.
- Plan meals/snacks for the time of day when nausea most often occurs (low fat sandwiches, cottage cheese, low fat cheese and crackers, fruits).
- Apples and pretzels can be soothing for the stomach.
- Avoid or limit greasy, high fat and fried foods (margarine, butter, mayonnaise, bacon, sausage, high fat lunch meats, gravies, pie crusts, pastries, sopapillas, chips, fries, and onion rings), and spicy foods.
- Try citrus fruits, pickles, or strong mints like Altoids for sour taste.
- Try eating salty potato chips to help settle the stomach and replace electrolytes lost during vomiting.
- Drink liquids 30 minutes after meals instead of during. Sip slowly.
- Sip ginger ale or eat other ginger-flavored candies or suckers.
- Try lemonade or fruit juice, as these can sometimes be tolerated better than water.
- Some find that peppermint, spearmint, raspberry, ginger or chamomile tea, or a glass of water with one teaspoon of apple cider vinegar helps nausea. Additionally, you may try clear sodas, mineral water, or sport drinks mixed with half-water-half sport drink.
- If drinking fluids is difficult, try eating gelatin, canned fruits, or fresh, juicy fruits.
- Avoid perfumes, gasoline fumes, and foods with strong odors.
- If brushing your teeth makes you nauseated, try to breathe only through your nose while brushing.

Please see the “Safe Medication List During Pregnancy” section for medications you can take to help with morning sickness.

**WARNING SIGNS:** If you have been unable to eat or drink for 24 hours despite the options above, please contact the clinic, even if it is after hours.

