

# HEALTH TIPS

Make Health Happen

## Pregnancy: tips for dealing with nausea and vomiting

### KNOW THE DIFFERENCE BETWEEN MORNING SICKNESS AND HYPEREMESIS

**Morning sickness is nausea along with vomiting.** It's common with pregnancy. Morning sickness begins in the first month of pregnancy and should go away around the third or fourth month of pregnancy.

**Hyperemesis (HEYE-pur-EM-uh-suhss) is a more serious pregnancy condition that could lead to hospitalization.** Nausea and severe vomiting with hyperemesis do not go away. You may not be able to keep food down. This can cause severe dehydration and poor weight gain during pregnancy.

#### Tips to deal with nausea and vomiting:

- Avoid foods and smells that trigger nausea. If everything seems to cause nausea, eat the few things you do find appealing.
- Stick to bland foods like gelatin, saltine crackers and dry toast.
- Avoid large meals. Snack as often as every 1-2 hours during the day.
- Increase fluids. Try a sports drink, ginger ale, broth, water or other sparkling water.
- Eat foods high in protein and complex carbohydrates such as peanut butter or apple slices.



- Avoid foods high in fat and salt.
- Try taking prenatal vitamins with food or just before bedtime.
- Ask your doctor about vitamin B6. This may decrease nausea in early pregnancy.
- Avoid smoking and secondhand smoke.

#### When to call your doctor



Talk to your doctor if your morning sickness does not improve beyond your fourth month of pregnancy. He or she may prescribe anti-nausea medicine or intravenous (IV) fluids. Call your doctor immediately if you:

- Vomit more than three times per day, cannot keep liquid down or vomit blood.
- Have pain, fever or both.
- Have headaches, lightheadedness, extreme confusion, fatigue or faint.
- Have palpitations or a fast heart rate.

For more information about hyperemesis, visit [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus).

*Hyperemesis gravidarum*, March 2013, [nlm.nih.gov/medlineplus/ency/article/001499.htm](http://nlm.nih.gov/medlineplus/ency/article/001499.htm)



[www.unicare.com](http://www.unicare.com)

UniCare Health Plan of West Virginia, Inc.

® Registered mark of WellPoint, Inc.

RE-WVHT-HG-PHL-0712 E

Helpful phone numbers for UniCare Health Plan of West Virginia, Inc. only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

HP-C-1394-14 07.14