

my body

## morning sickness

### What is morning sickness?

Nausea and vomiting, or “morning sickness,” is very common in pregnancy. And, unfortunately, it’s not just in the morning! It is not caused by anything specific. Some people get it while others do not. It can even be unpredictable from pregnancy to pregnancy for the same person.

### When does morning sickness happen?

It typically starts before nine weeks of pregnancy and usually goes away by 14 weeks, but sometimes it can last longer. It is usually not harmful to your baby, but it can impact your ability to work or do your normal daily activities.



### Helpful eating habits

- Keep crackers next to your bed, and eat them in the morning before you get up, so you’re not starting your day on an empty stomach.
- Eat small, frequent meals instead of three bigger meals.
- Ginger helps calm your stomach. Buy ginger ale made with real ginger, ginger candies, or make tea by pouring hot water over pieces of fresh ginger.

## Medical solutions

Sometimes food and rest are simply not enough. For many pregnant people experiencing morning sickness, medicine is necessary. There are a few options.

### Over-the-counter solutions

- **Vitamin B6** is a safe, over-the-counter treatment. We recommend taking 25mg by mouth three times a day.
- **Doxylamine, or Unisom®**, can be more helpful than Vitamin B6 alone. Take 25mg by mouth at night if vomiting makes it hard to sleep. This medication will make you feel sleepy.
- Vitamin B6 and doxylamine can be taken together. Some prefer Vitamin B6 during the day and doxylamine at night. Taken alone or together, both medications are safe to take during pregnancy and have no harmful effects on your baby.

### Prescription solutions

- A prescription medication that combines vitamin B6 and doxylamine is available if over-the-counter options don't work for you.
- There are also medications that stop vomiting. They can cause constipation and other side effects.

**Talk to your midwife about the safety of all of these medications to determine the best treatment for you.**

### What if nothing helps?

If you lose a significant amount of weight or become dehydrated, IV fluids or hospitalization are the next step. If you have concerns, please speak with your midwife.

SOURCE: <https://sa1s3.patientpop.com/assets/docs/87047.pdf>