

“Morning sickness”

“Morning sickness”, which often occurs throughout the day, is a condition characterized by nausea, indigestion, and periodic vomiting during the first trimester of pregnancy. The condition varies from mild stomach upset to severe vomiting requiring hospitalization. Despite many years of study, the cause of these symptoms is unknown.

Many women worry that failure to eat a full array of foods will somehow harm the fetus, but there is no cause for concern. In the era when intravenous nourishment was impossible, women with severe vomiting were treated with fluids only. Their babies were healthy and of normal birth weight.

“Morning sickness” typically passes as the first trimester ends. In the meantime, the following suggestions can help:

- ✓ Separate solid food from liquids. Do not drink and eat simultaneously.
- ✓ Eat small amounts of food throughout the day. Bland foods such as bread or crackers work well.
- ✓ Wear acupressure bands at the pericardium 6 position of each wrist. This site is located three fingerbreadths above the wrist.
- ✓ Get plenty of rest and avoid stress.
- ✓ Avoid spicy and fatty foods.
- ✓ Try small dose of vitamin B6 (10-50mg three times a day). Add half a Unisom Nighttime Sleep Reliever to the B6 to concoct Benedectin, one the safest drugs for morning sickness ever developed. While the actual drug is not available in the US, experts on medications in pregnancy condone its use.
- ✓ If prenatal vitamins make you sick, take folic acid only (in a dose of 800 ug/day) until you feel better.
- ✓ Try antacids such as TUMS EX (which also contains calcium).

There is an array of medications available to treat severe symptoms. These include anti-nausea suppositories (such as compazine or phenergan) and Reglan. The latter drug can be administered intravenously or orally, and helps with stomach emptying.

If you develop protracted vomiting, you will need to come to the hospital for intravenous hydration. This treatment temporarily relieves symptoms. In the worst cases, we hospitalized patient undergo ultrasonography, since multiple gestations and abnormal placental condition called molar pregnancy may provoke severe hyper emesis.

Please keep us posted if you become increasingly ill. We are eager and committed to support you during this difficult time.