

Pregnancy: Managing Morning Sickness

Here's something you may not know about morning sickness.

It can actually happen morning, noon, or night.

But there's hope. Really.

Most people have less nausea and vomiting during the second trimester.

And there are things you can do to feel better now.

Here are five things to try.

One. Try to keep a little food in your stomach.

An empty stomach can make nausea worse.

It may help to try eating several small meals throughout the day rather than three big ones.

Two. If you're nauseous when you wake up, keep some crackers nearby.

Eat some before you get up. Wait a few minutes for the food to digest, and then get up slowly.

Three. Avoid smells and foods that make you feel sick.

Greasy and high-fat foods, milk, and coffee are some of the things that can make nausea worse.

Four. Soothe your stomach.

Try foods and drinks made with ginger, such as ginger tea or ginger candy.

Ginger naturally soothes an upset stomach.

And be sure to drink enough liquids, like water, to stay hydrated.

It may also help to take your prenatal vitamins at night on a full stomach.

You might also try wearing P6 acupressure bands on your wrists.

Some people find that putting pressure on the P6 point on the wrist can help reduce nausea.

You can buy acupressure bands at most drugstores.

This program is for informational purposes only. Publisher disclaims all guarantees regarding the accuracy, completeness, or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.



Pregnancy: Managing Morning Sickness

If these tips still aren't helping, talk to your doctor or midwife.

And call your doctor or midwife if morning sickness makes it hard to keep fluids down.

You may be dehydrated, and that's not good for you.

Morning sickness can be disruptive and uncomfortable.

But learning how to manage it and what works for you may help you feel better during your pregnancy.