PREGNANCY NAUSEA AND VOMITING

Nausea typically begins about 5 to 6 weeks and peaks about 11 weeks, resolving by 14 weeks for about half of women who experience it and by 22 weeks for 90 percent. Persistent or severe nausea beyond the first trimester should be further evaluated. One or all or any combination of these comfort measures can be tried to find the most effective relief for you:

1. Eat small, frequent meals, even as often as every 2 hours, because nausea is more common on an empty or overly full stomach. The more often you eat, the more chances you have to keep at least a little something down. Eat what sounds good to you and try cold foods if smells bother you.
2. Eat a protein snack at bedtime and keep protein snacks by the bed to eat each time you awaken during the night to keep blood sugar stable and help prevent morning nausea.
3. Eat dry crackers, potato chips, lemon drops, ginger cookies or toast before getting up in the morning.
4. Make sure each meal or snack contains a source of protein to keep blood sugar stable.
5. Do not brush your teeth immediately after getting up in the morning or right after eating to avoid stimulating the gag reflex at these susceptible times.
6. Drink carbonated beverages, especially ginger ale that contains REAL ginger (ex: Muskoka Dry Pale Ginger Ale by Muskoka Springs – available at Sobey's in Parry Sound). Try keeping an unopened can by the bed to drink warm before getting up in the morning.
7. Suck on lemon drops or sip lemonade throughout the day or when nauseated.
8. Avoid food with strong or offensive flavors or slimy and overly chewy textures.
9. Try acupressure wrist bands, like Sea-Bands, at P6 acupressure point per package instructions – available at pharmacies, Wal-Mart, etc.
10. Rest! Nap daily or at least lie down whenever possible.
11. Stop prenatal vitamins until nausea resolves and just take folic acid 400mcg by mouth daily. Also consider taking daily Vitamin D 1000IU (available in drop form). Ensure you are getting adequate sources of calcium in your diet. Once symptoms have resolved you can then resume standard prenatal vitamins.
12. Ginger capsules 250mg by mouth 4 times a day or 8 ounces of ginger tea 4 times a day.
13. ***For mild nausea without vomiting,*** Vitamin B6 (pyridoxine) 25mg by mouth 3 times a day.
14. ***For moderate nausea with mild vomiting (2 times a day or less)*** or if no relief from Vitamin B6 alone, ADD Diclectin (doxylamine and pyridoxine) two 10mg tablets by mouth at bedtime and continue Vitamin B6 (pyridoxine) 25mg by mouth 2 times a day (in morning and midday).
15. ***If no relief after 4-5 days***, try Diclectin (doxylamine and pyridoxine) two 10mg tablets by mouth at bedtime and one 10 mg tablet in the morning and in the mid-afternoon PLUS Vitamin B6 (pyridoxine) 25mg two times a day.
16. ***Diclectin can cause drowsiness***. Start with bedtime dose for 4-5 days first to decrease drowsiness then add as needed and as tolerated in morning and afternoon. ***NOTE***: Bedtime dose helps with morning nausea, morning dose helps with afternoon nausea, and afternoon dose helps with evening nausea so adjust times for your particular needs.
17. ***It is also safe to use*** Gravol (dimenhydrinate) 50-100mg as needed. Ensure you are following dosing as per medication package. ***Generally causes drowsiness.*** Consider taking 50mg before bed, and otherwise taking ¼ to ½ of a pill every 4 hours during the day.

18. ***If HEARTBURN has been a concern*** take steps to alleviate it as this can assist with nausea and vomiting:
    - eat small frequent meals
    - eat solid food and liquid beverages separately
    - try not to eat a few hours before bed
    - elevate your head several inches while sleeping
    - try lying primarily on your left side
    - try adding a small amount of apple cider vinegar to water and sipping throughout the day
    - avoid citrus, acidic foods, spicy foods, and excessively fatty foods
    - it is safe to take TUMS (calcium carbonate) as per bottle dosage
    - talk to your midwife if the above is not alleviating your symptoms

Cost Related Information on Diclectin

Please note you will require a prescription from your midwife to access Diclectin from a local pharmacy.

Regime	# of pills	length of time	Diclectin	Generic brand
2 pills each night before bed	14 pills	**1 week**	$23.00	$12.50
2 pills before bed, 1 in morning, 1 midday	28 pills	**1 week**	$46.00	$25.00

If your preference is to purchase the brand name Diclectin for the higher cost, there is a company that can cover some of that extra cost for you. You can sign up for a FREE innoviCares card online at https://www.innovicares.ca

For Clients Under the Age of 25:

You should be able to receive name brand Diclectin at no cost at any of the local pharmacies. With a prescription and upon presentation of your health card the pharmacy will automatically inform you if you qualify for this once they retrieve information on you date of birth.