

## TIPS FOR MORNING SICKNESS

1. Increase your water intake by doing the following:
  - Drink a glass of water each time you void, particularly at night.
  - Drink a glass of water with each meal. Keep a glass of water beside you between meals from which to keep sipping. Try to drink at least one glass of water between or after each meal, in addition to that which you drink after voiding.
2. Take a Vitamin B-6, 50 mg orally two times daily.
3. You may take Emetrol, available without a prescription, as the label instructs.
4. Eat animal crackers.
5. In general, avoid fried and fatty foods. Occasionally, avoidance of dairy products helps with the nausea.
6. Take in fresh air. You may want to crack a window during your worst time of the day for nausea.

Morning sickness should be viewed positively, as it indicates high circulating pregnancy hormones. It should gradually resolve on its own within the first 12-14 weeks of your pregnancy. Should you experience a severe episode in which you are unable to keep anything down for 24-36 hours, call the office. A urine sample may be obtained to test for ketones. Ketones are a breakdown product that would indicate you might be in need of some rehydration. This might mean intravenous fluids for a short period of time or some prescriptions to help control the nausea. Just remember, morning sickness is temporary!