



Women's Group of Franklin

Suggestions To Reduce Nausea During Pregnancy

General tips:

- Avoid large meals
- Avoid unpleasant odors
- Avoid sudden movements when getting out of bed
- Eat several small meals, 5 or 6 times a day
- Practice good oral hygiene
- Before going to bed, place some dry cereal, toast or crackers within reach of the bed
- Before getting up in the morning, eat some dry cereal, toast or crackers
- Get up slowly, take five or six minutes

Avoid high fat foods:

- Gravies
- Cream sauces
- Mayonnaise
- High-fat cheese
- Butter or margarine
- Whole milk products
- Regular salad dressing
- Fried or greasy foods

Avoid liquids at meal times:

- Limit liquids or soups to 1 cup at each meal or have ice chips available while eating
- Drink fluids either 30 minutes before or 1 hour after a meal
- Sip on juices, water, milk, ice chips, decaffeinated beverages between meals to prevent dehydration

Avoid foods that may cause gas:

- Cabbage
- Broccoli
- Onions
- Turnips
- Radishes
- Dried beans
- Brussels sprouts
- Collard greens

Avoid highly seasoned foods:

- Garlic
- Onion
- Pepper
- Chili powder

Over-the-counter medications:

- Ginger
- Peppermint
- Emetrol
- Vitamin B6: 25-50mg in the morning
- Vitamin B6: 25-50mg in the evening at bedtime
- Unisom at bedtime (with the Vitamin B6)