

Nausea Treatment

What can I do if I'm feeling nauseated during my pregnancy?

- Fluids will be better tolerated if they are cold, clear, and carbonated, and consumed in small amounts between meals. Options include ginger ale or lemon-lime soda, clear broth, juice diluted with water, gelatin, electrolyte drinks (e.g., Gatorade and Pedialyte), and popsicles.
- When nausea has improved, move on to the “BRAT” diet: **B**ananas, **R**ice, **A**pplesauce, and **T**oast. Eat only small portions.
- Choose salty over sweet foods.
- Avoid hot, spicy, fried, greasy, or high-fat food.
- If food odors make you nauseated, use prepared or frozen foods or let someone else do the cooking. Another trick is to use a nose clip to minimize the odors.
- Eat in a cool, well-ventilated room, away from where the food was prepared.
- Eat slowly.
- Supplements containing iron can increase nausea and may need to be temporarily reduced.
- An empty stomach may aggravate nausea, so eat snacks frequently and as soon as you feel hungry.
- Keep dry crackers by your bedside. Eat a few crackers in the morning before rising and then sit upright in bed for a few minutes before getting up. This will often minimize the feeling of nausea that occurs with an empty stomach.