

HEALTHY PREGNANCY



Whew Nausea! The Menu of Options.



In collaboration with:



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<https://www.healthypregnancyhub.ca/>

Nausea During Pregnancy

In numbers:



70% of pregnant women experience **nausea**;



50% of pregnant women experience **vomiting**;



30% of them experience intense nausea and vomiting, which **affects** their **daily lives**.



What cause nausea?

Mainly caused by **hormonal changes** in early pregnancy.



When?

Start:

From **3rd** to **8th** weeks of pregnancy.



End:

Usually at the end of **1st** trimester;

They can last up to 20 weeks and, in rare cases, longer.

It is common, but you do not have to suffer!

When Should I Seek Medical Support?

So, it is “normal”?

Yes, but it **should not**:



Prevent eating



Lead to dehydration



Prevent activities



Cause severe and persistent vomiting



Lead to weight loss

Consult a healthcare professional if:



Medication does not help



You have symptoms of dehydration



Fever, abdominal pain or blood are present



Your nausea and vomiting **begin after 10 weeks** of pregnancy



You have symptoms of hyperemesis gravidarum



Your well-being is important!

I Am Nauseous, What Can I Do?

Menu of Options

Talk to your healthcare team to determine which option(s) is right for YOU.

Appetizers: Change of Habits

Eat **small quantities** frequently

Drink to avoid dehydration

Smell **ginger** or **lemon**

Eat what you feel like when you **feel like** it

Prioritize **light foods** (e.g. banana, rice, applesauce, toast, salted crackers)

Eat **before getting up** in the morning

Avoid cooking or eating **spicy, fatty** or **fried** foods

Main Courses: Medications & Treatments*

Substitute your multivitamins with vitamins lower in iron (while still taking your folic acid)

Vitamin B6

Anti-histamine

A combination of anti-histamine and vitamin B6

Other medications

Acupressure (3 fingers under the wrist)

Acupuncture

Dessert: Time

You might be tired of hearing it, but the nausea will go away eventually.

*Self-medication is to be avoided. Talk to a healthcare professional BEFORE making any changes to the products you use.

You got this!

Hyperemesis Gravidarum

Hyper... What?

Hyperemesis gravidarum



This is a rare condition where the **nausea** and **vomiting** are **very intense** AND **persistent**...

the person can vomit 20 times a day.

The condition can cause **emotional and physical distress**, the appropriate support can make a difference.

Is it dangerous?

There are **no** direct **adverse effects** on the baby,

but...

complications could arise during pregnancy **if** hyperemesis gravidarum is left **untreated** (e.g. low birth weight, dehydration, etc.).



Do not hesitate to ask for help...

Your **healthcare team** can help manage the physical and emotional challenges.

Your **partner** and encouragement can **help** you too.



You are not alone.

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<https://www.healthypregnancyhub.ca/>



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