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Hints for Hyperemesis (“Morning Sickness”)

Although most women do experience hyperemesis in the morning, the nausea of early pregnancy can last all day and can even occur strictly at night. Not all women will have these symptoms with their pregnancy, but those who do will usually have it starting at around week 6 and lasting for 12 to 18 weeks. It is a normal symptom of pregnancy.

- Remember, low blood sugar can cause nausea. Have a snack such as an apple or a glass of milk before you go to bed to prevent the lowering of your blood sugar and the nausea that comes with it.
 - Eat small, frequent meals 4 to 6 times throughout the day instead of 2 to 3 large meals. Allow 2 to 3 hours between each small meal.
 - Eat easily digested foods that are high in complex carbohydrates (cereals, crackers, toast, potatoes and pretzels). Nibble on these often to help prevent nausea.
 - Keep some crackers, toast or pretzels by your bedside. A good way to help with morning sickness is to eat some crackers *before* you get out of bed in the morning.
 - Avoid spicy, acidic, or strongly flavored foods as well as excessive fat and seasonings in food preparation.
 - Suck on hard sweet or sour candy.
 - Don't lie down after eating. By keeping your head elevated for 1 to 2 hours after eating, gravity will help to keep your food down.
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If nausea persists after trying these remedies you can try 25mg Vitamin B6 and Unisom. If you can't find 25mg tablets of Vitamin B6 you can buy the 100mg tablets and just cut them in half. It is fine to take 50mg of Vitamin B6 instead of the 25mg but do not take more than 50mg of Vitamin B6 at one time. Take as directed below:

- One 25mg Vitamin B6 tablet and ½ Unisom tablet in the morning
- One 25mg Vitamin B6 tablet and ½ Unisom tablet at noon
- One 25mg Vitamin B6 tablet and 1 Unisom tablet at bedtime.

If your nausea and vomiting persists, please contact our office at (540) 434.3831. Serious metabolic problems can result from prolonged vomiting, so do not ignore persistent symptoms.

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