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## **Tips to Avoid Nausea and Vomiting in Pregnancy**

- Additional rest, sleep, and relaxation. Lying down and resting during pregnancy has been found to be the most frequently used relief measure for nausea.
- Try to eat small amounts of dry, complex carbohydrates in the morning before rising (saltine crackers or dry toast).
- Avoid letting your stomach become overly full or empty for too long. Try to eat small, frequent meals that are high in carbs and low in fat.
- Try snacks high in protein such as yogurt or nuts.
- Try taking in fluids between meals instead of with meals.
- Sip carbonated beverages or clear juice
- Try milk, apples, or potatoes to neutralize gastric acids.
- Avoid brushing teeth within 1-2 hours after meals.
- Maintain good ventilation while sleeping.
- Avoid foods/substances that irritate your stomach (coffee, alcohol, cigarettes, iron, fried or spicy foods)
- Avoid food preparation if it aggravates nausea. Avoid offensive odors and maintain good ventilation when preparing food.
- Herbal/spice teas such as spearmint, peppermint, chamomile, ginger root, fennel, anise, raspberry leaf, and cinnamon tea can help with nausea.
- Cold compresses to forehead or throat
- Hard candies
- Regular exercise
- Avoid constrictive clothing around abdomen.
- Avoid reclining immediately after eating as this increases gastric reflux.
- MEDS: Benadryl 25-50mg at bedtime, Vitamin B6 25-50mg orally 3 times a day.