

**Ready-made-drinks available in supermarket:**

Up and Go, yoghurt drinks, Calci-yum, Vitasoy, So Good,

**Make up the following drinks with milk:**

Ovaltine, Milo, Horlicks, Drinking Chocolate, Nesquick

**Powdered nutrition drink available:**

Vitaplan, Complan – available in supermarkets  
Ensure, Fortisip – available in pharmacies.

**During the Day**

- Suck ice, peppermint or barley sugars
- Vitamin B rich foods could help like Bananas, potatoes, watermelon, chickpeas are all rich in this vitamin. Talk to your midwife or GP about taking vitamin B6 supplements.
- Drink plenty of water. Drink between meals rather than with meals as liquids dilute the digestive juices and fill your stomach more.

**Helpful Tips**

Try sea-sickness acupressure bracelets or acupuncture. Some women find these helpful and there does not appear to be evidence of harm.

Acupressure bands are available from Chemists with instructions.

**What causes morning sickness?**

No-one knows exactly why but here are some thoughts.

**Hormones**

Nausea and vomiting it’s probably due to a combination of the many physical changes taking place in your body such as the higher levels of hormones during early pregnancy.

**Metabolic Rate Changes**

The pregnant body uses more energy so you may have low blood sugar levels which can lead to dizziness, nausea and tiredness. After a night without food and high levels of energy being used, the blood sugar is low which causes morning sickness.

**Vitamin B6**

Low Vitamin B6 levels have been linked to nausea, vomiting, anaemia, headaches and mood changes. Discuss this with your midwife or GP if you think this describes you.



# Morning Sickness In Pregnancy

Information for Pregnant Women and Whanau

	<b>Department:</b> Women’s Health	<b>Updated:</b> July 2019
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	<b>Owner:</b> Midwife Educator	



## What is it?

Nausea and vomiting in pregnancy (NVP) is an unwelcome but perfectly normal part of pregnancy.

It does not put your baby at any increased risk.

Although it is commonly called morning sickness, NVP can occur at any time of the day.

## You could experience:

- Nausea (feeling sick)
- Vomiting, can be at any time of the day
- Dry retching (like vomiting, but nothing is thrown up)
- Food smells or sight sensitivity (certain smells or the sight of some foods can trigger nausea).

About 70% to 80% of women experience symptoms.

Usually starts around 4-6 weeks, is at its worst between 9 and 16 weeks and is usually going or gone by 22 weeks. For most women it will settle by itself.

But some women suffer all through the pregnancy (10%)

## Severe Sickness - Hyperemesis

This is severe sickness and affects only up to

1% of pregnancies. It usually includes constant nausea, inability to keep down food or fluids, dramatic weight loss and dehydration.

Women who develop hyperemesis frequently require admission to hospital for rehydration and medication to help control their symptoms.

Sometimes, symptoms of nausea and vomiting can be caused by a more serious, underlying health condition like a bladder infection.

**If you are unable to keep down any food or fluid over a full day, seek help from your GP or midwife.**

## Contact your GP or midwife immediately if you:

- Have a temperature of 38 C or higher
- Vomiting blood
- Very dark coloured urine or not able to pass urine for over 8 hours
- Can't keep fluids/food down for 24 hours
- Feel severely dizzy or faint when standing up

## Managing Morning Sickness

Unfortunately, there's no hard and fast treatment that will work for every woman's morning sickness. Every pregnancy will be different.

But there are some changes you can make to your diet and daily life to try to ease the symptoms.

- Try a dry snack before getting out of bed e.g. crackers or a plain biscuit

- Eat something high in protein e.g. meat sandwich and fruit or a sweet drink before going to bed
- Take your vitamins at night rather than mornings and after food
- Getting plenty of rest because tiredness can make nausea worse

## Snack ideas

Milk, plant based milk like soy or almond milk, yoghurt, cheese, nuts, apple, cracker, plain biscuit, dried fruits, toast, pickles, salted potato chips, popcorn.

## Other ideas

Ginger tea, foods with ginger, ginger capsules, lemon wedge.

## Keep up with the hydration

- Sip on dilute fruit juice over the day. Try diluted apple juice, half water and half apple juice.
- Sip on fizzy drinks slowly through a straw e.g. ginger ale, lemonade, soda water – sour drinks seem to work well for many

## Keep up with the nutrition

- Have smaller and more regular meals over the day. Eat 5-6 small meals rather than 2-3 large meals each day.
- If you cannot manage any food, try having nutrition drink.

See over for more information