Pregnancy - Common Symptoms and Care Tips
Article

Morning Sickness, Nausea & Vomiting During Pregnancy

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Morning sickness, often known as pregnant nausea and vomiting, is a common pregnancy symptom. It affects over 70% of pregnancies.

Morning Sickness and Nausea During Pregnancy

What is morning sickness?



- Morning sickness, often known as **pregnant nausea and vomiting**, is a common condition. It affects over 70% of pregnancies.[1]
- Even though it's commonly referred to as **"morning sickness," it can strike at any time of day.**[2]
- The baby is normally unharmed by nausea and vomiting during pregnancy, **but it can have an impact on your life,** including your ability to **work or go about your normal daily activities.**[2]

When does nausea and vomiting of pregnancy start?[2]

- Pregnancy nausea and vomiting commonly begin **before 9 weeks of pregnancy.**
- It usually fades gone by **14 weeks of pregnancy** for the majority of women.
- It can persist **several weeks or months** for some women.
- It can last **the entire pregnancy** for a few women.

What causes morning sickness?[1]



- The exact reason of morning sickness is **unknown**
- **Low blood sugar or an increase in pregnancy hormones** like human chorionic gonadotropin **(HCG) or estrogen** may be to blame.
- **Stress, being overtired, eating specific foods, or having motion sensitivity** can all make morning sickness worse.

What happens when you have nausea and vomiting of pregnancy?[2]



- Some women experience nausea for **a short period of time each day and may vomit once or twice.**
- **Nausea lasts many hours each day** in more severe cases, and vomiting happens more frequently.

Should I seek treatment for nausea and vomiting of pregnancy?



- Unfortunately, there is no **one-size-fits-all solution to morning sickness** for everyone. Each pregnancy will be unique.[3]
- However, there are several **dietary and lifestyle adjustments you may do** to help ease the symptoms. [3]
- If these don't help or if your symptoms become **more severe, your doctor may prescribe medication. [3]**

Is there a term for severe nausea and vomiting of pregnancy?[2]

- The most severe form of nausea and vomiting during pregnancy **is known as hyperemesis gravidarum.**
- Up to **3% of pregnancies are affected** with hyperemesis gravidarum.

When is hyperemesis gravidarum diagnosed?[2]

- A woman may be diagnosed with this illness if **she has lost 5% of her pre-pregnancy weight** and is experiencing additional symptoms of dehydration, or loss of body fluids.
- **Hyperemesis gravidarum** requires medical attention, sometimes in a hospital, to stop the vomiting and rehydrate the body.

What are the signs of dehydration?[2]

- Nausea and vomiting can **cause you to lose fluids.** Dehydration can occur if fluids are not replaced.
- If you have any of the following signs and symptoms of dehydration, **contact your doctor:**
  - You have a small amount of **dark-colored urine.**
  - You're not able to **urinate.**
  - You **can't keep down liquids.**
  - When you stand up, you **feel dizzy or faint.**
  - Your heart is **racing or pounding.**

Helpful Do's and Don'ts to Ease Morning Sickness

Do:

- Before you get out of bed, eat something simple like **dry toast or a plain biscuit.**[3]
- Eat small, frequent meals of plain, **high-carbohydrate, low-fat foods (such as bread, rice, crackers and pasta).** [3]
- Before going to bed, take your prenatal **vitamins with a light snack.**[4]
- Fluids should be **consumed half an hour before or after meals,** but not during them. [4]
- To avoid dehydration, **drink small amounts of fluids throughout the day.** [4]
- If the odor bothers you, ask someone else to cook for you; **open the windows or turn on fans.** [4]
- Get plenty of rest and take **naps throughout the day.** [4]
- Avoid places that are warm; **feeling hot adds to nausea.** [4]
- To relieve nausea, **sniff lemons or ginger, drink lemonade, or eat watermelon.** [4]
- Eat salty potato chips to **relax your stomach** and allow you to eat a meal.[4]

Don'ts:[4]



- Do not **lie down** after eating.



- Do not **skip meals.**



- Do not cook or eat **spicy food.**

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