



Nausea and vomiting information

Most people are aware of “morning sickness” as a common issue in early pregnancy. Unfortunately it isn’t reserved just to the morning, nor is it guaranteed to go away when you reach your second trimester.

Most of the time, pregnancy nausea and sickness does eventually resolve by itself, but there are a few things you can try to reduce the effects in the meantime:

- Eat little and often. Having an empty stomach usually makes the sickness worse, so try to nibble regularly throughout the day. You may want to keep a small snack by your bedside so that you can put something in your stomach before you get up in the morning.
- Drink plenty of fluids. As long as you can keep water down, you should be ok even if you can’t really eat anything. If you are unable to drink water, contact your healthcare provider as you may need rehydration.
- Avoid any foods or smells that make you feel sick. Plain meals, and carbohydrate-heavy foods can be easier to stomach when you are feeling unwell.
- Try foods and drinks containing ginger, as there is some evidence that these can help settle your stomach.



Peppermint tea is also helpful for some people.

- Rest when you can, as being overtired is likely to make your nausea worse
- If your sickness is impacting on your ability to do day-to-day things, contact your GP to discuss medication options. There are a few antiemetics which are safe to use in pregnancy.

Generally it is not harmful to be frequently sick during pregnancy, as you have sufficient stores in your body to support yourself and your growing baby. Extreme sickness in pregnancy is called hyperemesis gravidarum, and usually requires rehydration treatment in hospital. You need to seek medical assistance if any of the following apply:

- You are unable to keep down water
- You are losing weight
- You have not had a wee for more than 8 hours, or have pain when peeing or blood in your urine



- You have abdominal pain or any other concerning symptom

Further information is available via <https://www.pregnancysicknesssupport.org.uk/>

If you also have diarrhoea with vomiting, it is likely that you have a stomach bug. Try to stay well hydrated and get plenty of rest. Your body will usually deal with it in a couple of days, but if it doesn't go away, or if you cannot keep water down, contact your healthcare provider.