



Ideas to Ease Morning Sickness (Nausea and Vomiting)

The following areas provide some suggestions to alleviate nausea/vomiting.

◆ Before Going to Bed

1. Have plenty of **fresh air** in the bedroom; the odor of soiled clothing and other household odors in the room where you sleep may upset your stomach. Open windows or turn on a fan in room while sleeping.
2. **Loose clothing** prevents added pressure to your stomach.
3. Place some **dry cereal, toast, or crackers** within reach of your bed (on your bedside table).

◆ Before Getting Up in the Morning

1. Lay still for a few minutes.
2. Eat dry cereal or crackers while still laying in bed.

◆ When Getting Up

1. **Get up very slowly** (five – six minutes). Avoid sudden movements when getting out of bed.
2. Try eating some more dry cereal or toast before cooking breakfast.

◆ Meal Times

1. Eat **small, frequent meals** (four – six day) to try and keep your stomach from feeling too full and to prevent an empty stomach.
2. **Eat slowly** so that only small amounts of food enter your stomach at one time.
3. **Chew your food well** so it is easier to digest.
4. **Fatty and greasy foods** stay in the stomach longer, take longer to digest, and are more difficult to digest. Additionally, **gas-producing foods such as broccoli or beans, carbonated beverages, and chewing gum** create a feeling of fullness and pressure.
5. **Take liquids at least one hour before or after meals** to prevent a feeling of fullness. Ginger ale, 7-Up, cola, or lemonade may help settle an upset stomach. Coffee may have an overpowering aroma that may induce vomiting.
6. **Take fluids regularly** to prevent dehydration. Suggested intake is at least 64 ounces (eight 8-ounce servings per day).
7. **Use salty foods** such as crackers, pretzels, and processed soups **or tart foods** such as lemons/lemonade to help control nausea. The smell of cinnamon and ginger has also shown been shown to alleviate nausea.
8. **Eat cold, room temperature, and/or dry foods such as crackers/toast, and popsicles/gelatin** that have non-offensive odors to help reduce vomiting.
9. **Eat cold foods that provide protein and nutrition.** Typically these foods do not have an overpowering aroma. Suggestions include cold meats, sandwiches, peanut butter, cottage cheese, yogurt, pudding, eggs, and cheese.
10. **Snack between meals.** Some nutritious snack suggestions are listed below.
11. **Avoid lying down after meals** for at least two hours to prevent discomfort and decreasing digestion.

◆ Food Preparation

1. Have someone else prepare food while you are away from the room; consider taking a walk.
2. Take advantage of the times you are able to prepare foods. Consider **preparing multiple meals that you can freeze** for the days when you don't feel like preparing foods.
3. Use prepared foods from the freezer that can be reheated at low temperatures

◆ Food Suggestions

Include:

- Toast
- Low-fat block cheeses
- Crackers
- Peanut butter
- Pretzels
- Orange juice
- Vegetables
- Fresh/Canned fruits (bananas)
- Lemonade
- Popsicles
- Low-fat meats
- Gelatins
- Eggs
- Cottage cheese
- Milk -Yogurt

Limit/Avoid:

- Highly Seasoned Foods (garlic, onion, pepper, chili)
- Gaseous Foods (cabbage, broccoli, Brussels sprouts, collard greens, onions, turnips, radishes, cucumbers, dried beans)
- Fats (butter, margarine, gravy, bacon, fat back, oils, mayonnaise, salad dressings, pie crusts, pastries)
- Greasy Foods (fried foods, foods cooked with grease and oils, fatty meats)