

***Genesis Obstetrics & Gynecology***  
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*"Specializing in 3D/4D Ultrasound Imaging"*

## **NAUSEA/VOMITING PROTOCOL**

### **What can I do to get relief?**

- Try to avoid any foods or smells that trigger your nausea. If that seems like almost everything, it's okay if you just eat the few things that do appeal to you for this part of your pregnancy, even if they don't add up to a balanced diet. It might also help to try eating foods that are cold or at room temperature since they tend to have less of an odor than hot foods.
- Keep simple snacks, such as crackers, by your bedside. When you first wake up, nibble a few crackers and then rest for 20 to 30 minutes before getting out of bed. Snacking on crackers may also help you feel better if you wake up feeling nauseated in the middle of the night.
- Eat small, frequent meals or snacks throughout the day so that your stomach is never empty. Aim for bland foods that are high in protein or carbohydrates, since both can help fight nausea. Some good ones are crackers, biscuits, or low-fat yogurt, but go for whatever appeals to you.
- Try to avoid fatty foods, which take longer to digest, particularly during pregnancy, when your stomach takes longer to empty. Also avoid rich, spicy, acidic, and fried foods, which can irritate your stomach and digestive system.
- Try drinking fluids only between meals, and limit them during meals. Though it's important to keep yourself well hydrated, you don't want to drink so much at once that your stomach feels full, since that will make you less hungry for food. A good strategy is to sip something frequently throughout the day and aim to drink about a quart and a half altogether. If you've been vomiting a lot, try a sports drink that contains glucose, salt, and potassium to replace lost electrolytes.

- Give yourself time to relax and take naps if you can. Watching a movie (preferably not one about food!) or visiting with a friend can help relieve stress and take your mind off your discomfort.
- Try taking your prenatal vitamins with food or just before bed.
- Try ginger, an alternative remedy thought to settle the stomach and help quell queasiness. See if you can find some ginger ale made with real ginger (most common sodas aren't). Or grate some fresh ginger into hot water for ginger tea. Ginger candies are also worth a try. (Ask your practitioner before taking ginger supplements, since, as with many other things that are helpful in normal amounts, the effects of megadoses are unknown.)
- Try acupuncture bands. You can find these soft cotton wristbands at drugstores. This simple inexpensive device, designed to ward off seasickness, has also helped some pregnant women through morning sickness. You strap it on so that the plastic button pushes against an acupuncture point in the underside of your wrist.
- If nothing else works for you, ask your practitioner about taking anti-nausea medications that are considered safe during your first trimester.

**What if I just can't keep anything down?**

- Call Dr. Baniyas if you haven't been able to keep anything (including fluids) down for 24 hours.

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**Patient Initials**

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**Date**