POSITIVE OPTIONS
For your health, choice, and future.

Helpful Hints for Relieving Nausea in Pregnancy

- Try eating high protein-foods (peanut butter, nuts, string cheese, a small cup of greek yogurt smoothie made with frozen bananas and milk or yogurt) before bed. This helps keep your blood sugar more even at night. Some find slowly chewing a few plain almonds, in particular, helpful.
- Try eating a few crackers or pretzels before you even get out of bed in the morning.
- Try slowly sipping ginger ale, slowly eating a few ginger snap, sucking on ginger flavored candies, teas, or steeping a slice of fresh ginger root in hot water to make a tea to help nausea.
- Some find SLOWLY sipping a coke can help calm nausea enough to then be able to eat something small.
- Frequent (every 2-3 hours small meals keep your blood sugar even to avoid nausea, without overloading your stomach. Foods higher in protein or carbs are usually tolerated better, but the most important thing is to eat what sounds good and stays down!
- Accupressure bands, such as Sea-Bands, are worn on the wrists like bracelets and can help nausea.
- Peppermint can help some with nausea or dropping energy levels. Try slowly sucking on a peppermint hard candy, peppermint tea, or smelling peppermint oil.
- Hard candies in sour flavors like lemon, or sour cherry can help, as may candies specially made for pregnancy nausea, like Preggie Pops or Queasy Drops.
- Discuss other options available to you with your OB-GYN. It is always wise call your doctor if you are unable to keep any fluids down for 24hours or longer or having severe nausea.