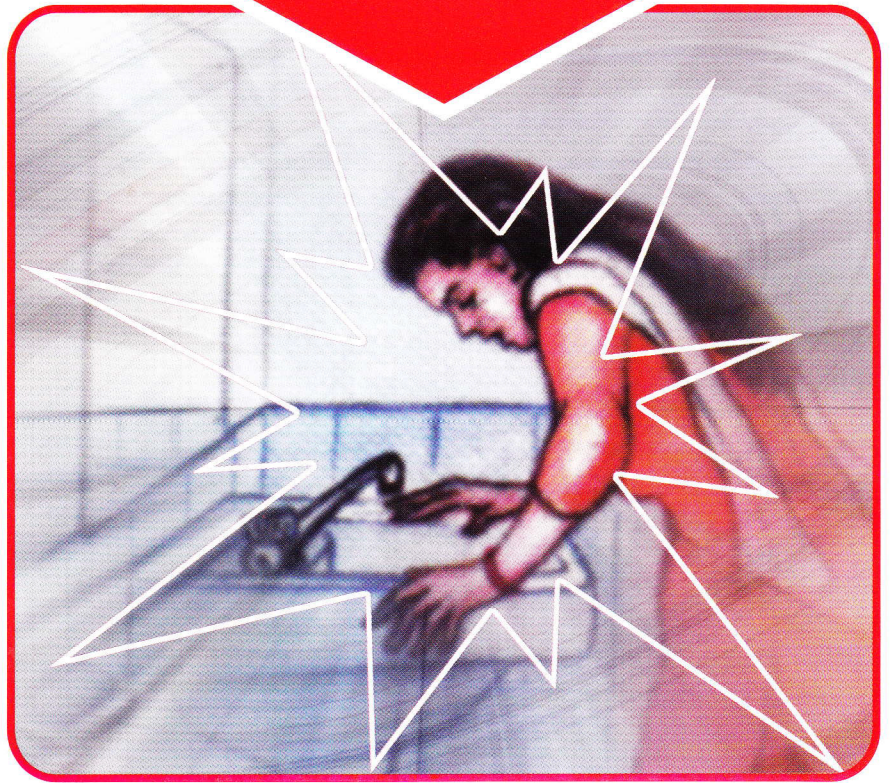


Nausea and Vomiting During Pregnancy

A Guide for Pregnant Women



Morning sickness is a common problem for pregnant women during the first three months of pregnancy. We hope to help you through this brochure, with information and support on dealing with morning sickness. .



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Nausea and Vomiting (Morning Sickness) During Pregnancy

You're **Pregnant!**

Congratulations!!!

Welcome to a wonderful and exciting time full of changes, hopes, dreams, and if you are like most... the dreaded morning sickness. It is estimated that approximately 50 to 90 percent of pregnant women experience discomfort from the nausea and vomiting associated with pregnancy, so you are definitely not alone in this journey you are traveling.

What is "Morning Sickness"?

Morning sickness is a sudden feeling of nausea, which can occur at any time of the day, although most commonly it occurs in the morning hours.

It commonly occurs in early pregnancy. It usually begins near about the sixth week of pregnancy and finishes about the 12th week, but it may last much longer.

Will Morning Sickness do me or my Baby any Harm?


Unless it becomes very severe, if it is so you may need hospitalisation otherwise it has no effect on you and your baby.

What Should I Do to Minimise Morning Sickness?

Do's	Don'ts
<ul style="list-style-type: none">• Eat small meals frequently. At least 5-6 meals a day. Never go with an empty stomach for long periods.	<ul style="list-style-type: none">• Do not use butter or margarine, mayonnaise, pastries, fried meats and french fries, as fats and greasy foods tend to upset the stomach and delay its emptying that may trigger nausea.

Do's	Don'ts
<ul style="list-style-type: none"> • Do not hesitate to eat whatever and whenever you feel like eating. • Have some dry bread or cereal by your bedside to eat before you get up early in the morning. • Get up very slowly, taking five or six minutes. Avoid sudden movements when you are feeling nauseated. • Carbonated beverages and grapefruit, orange or grape juice may help settle your stomach. • Sniffing lemons, drinking lemonade, or eating water melons or eating <i>sonf</i>, <i>zeera</i> or <i>ilaichi</i> sometimes relieves nausea. • Drink enough fluids during the day to prevent dehydration (drink small amounts each time especially if you are vomiting). • Brush your teeth frequently with toothpaste to freshen up your mouth. 	<ul style="list-style-type: none"> • Do not drink during meals. • Do not lie down right after eating. • Do not drink water soon before or after meals.

If your nausea and vomiting do not subside with the above mentioned tips, visit your doctor.



Try to avoid medication unless prescribed by your doctor.

For diet information, Please refer to patient and family education brochure on Nutrition During Pregnancy.

For more information, please contact

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