

Relieving Morning Sickness

What is morning sickness?

Morning sickness is the nausea and vomiting that some women have when they become pregnant. It is caused by the sudden increase in hormones during pregnancy. Although morning sickness is more common in the morning, it can go on all day.

How long will morning sickness last?

Morning sickness is very common in early pregnancy. It tends to go away later in pregnancy, and it's almost always gone by the second trimester (the fourth month).

Will morning sickness hurt my baby?

It shouldn't. Many doctors think morning sickness is a good sign because it means the afterbirth (the placenta and fetal membranes) is developing well.

Morning sickness can become more of a problem if you can't keep any foods or fluids down and begin to lose a lot of weight. The tips below may help reduce morning sickness.

Tips to relieve morning sickness

- Eat small meals throughout the day so that you're never too full or too hungry.
- Avoid rich, fatty foods.
- Avoid food smells that bother you.
- Eat more carbohydrates (plain baked potato, white rice, dry toast).
- Eat saltine crackers and other bland foods when the nausea bothers you.
- Try gelatin desserts (Jell-O), flavored frozen desserts (Popsicles), broth, nondiet ginger ale, sugared decaffeinated or herbal teas, and pretzels.
- Changing the type of vitamins you're taking may help. The iron in prenatal vitamins can bother some women. If you think your morning sickness is related to your vitamins, talk with your doctor.

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- Wearing “acupressure” wrist bands, which are sometimes used by passengers on boats to prevent sea sickness, may be helpful in some women who have morning sickness. You can buy the bands at boating stores or travel agencies such as the AAA Auto Club.

If these steps don’t give you relief from morning sickness, your doctor may have other ideas. Keep in mind that your symptoms should go away soon and that morning sickness doesn’t mean your baby is sick.

This handout provides a general overview on this topic and may not apply to everyone. To find out if this handout applies to you and to get more information on this subject, talk to your family doctor.



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