

HealthTips

Make Health Happen

KNOW THE DIFFERENCE

between morning sickness and hyperemesis

Morning sickness



Nausea along with vomiting



Common with pregnancy



Usually occurs from the



of pregnancy

through the



Hyperemesis

(HEYE-pur-EM-uh-suhss)



Nausea and severe vomiting that could lead to hospitalization



May cause severe dehydration and poor weight gain during pregnancy



Lasts the whole pregnancy

100%

PREGNANCY:
tips for dealing
with nausea
and vomiting



Call your doctor
right away if you:



- Vomit more than three times per day, cannot keep liquid down, or vomit blood
- Have pain, fever, or both
- Have headaches, lightheadedness, extreme confusion, fatigue, or you faint
- Have palpitations or a fast heart rate
- If your morning sickness doesn't get better after your fourth month of pregnancy


dell children's
HEALTH PLAN

Helpful phone numbers for Dell Children's Health Plan members only
Member Services or 24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

DellChildrensHealthPlan.com/members

HealthTips

TIPS TO DEAL WITH NAUSEA AND VOMITING:

Do's

- Stick to bland foods like gelatin, saltine crackers, and dry toast.
- Increase fluids. Try a sports drink, ginger ale, broth, water, or sparkling water.
- Eat foods high in protein and complex carbohydrates, like peanut butter or apple slices.
- Try taking prenatal vitamins with food or just before bedtime.
- Ask your doctor about vitamin B6. This may decrease nausea in early pregnancy.



Don'ts

- Avoid foods and smells that lead to nausea. If everything seems to cause nausea, eat the few things you can tolerate.
- Avoid large meals. Snack every one to two hours during the day.
- Avoid foods high in fat and salt.
- Avoid smoking and secondhand smoke.



Sources:

Hyperemesis gravidarum, March 2013,

nlm.nih.gov/medlineplus/ency/article/001499.htm (Accessed on May 15, 2018)

To learn more, visit www.nlm.nih.gov/medlineplus.
