

NAUSEA & VOMITING IN *Pregnancy*

NON-PHARMACOLOGIC OPTIONS*:

- Frequent small meals every 1-2 hours
- Avoid spicy or fatty foods
- Eat bland, dry foods, high-protein snacks (such as almonds & cheese)
- Eat crackers in morning before rising
- Take prenatal vitamin at bedtime
- Convert prenatal vitamin to gummy prenatal or 2 Flinstones vitamins daily
- Convert prenatal vitamin to folic acid supplement only
- Ginger capsules 250 mg 4x daily
- P6 acupressure with wrist bands

P6 ACUPRESSURE EXPLAINED**:

Pressure point P-6 is located on your inner arm near your wrist. Doing acupressure on this point can help relieve nausea and vomiting related to pregnancy.

1. Position your hand so that your fingers are pointing up and your palm is facing you.
2. To find pressure point P-6, place the first 3 fingers of your opposite hand across your wrist (see Figure 1). Then, place your thumb on the inside of your wrist just below your index finger (see Figure 2). You should be able to feel 2 large tendons (tissue that connects muscles to bones) under your thumb. This is pressure point P-6.



Figure 1



Figure 2

3. Use your thumb or forefinger to press on this point for 2 to 3 minutes. Move your thumb in a circle while applying pressure.
4. Repeat the process on your other wrist.



PHARMACOLOGIC OPTIONS*:

Vitamin B6 10-25 mg, 3-4 times daily

Unisom (Doxylamine) 10 mg, 1-4 times daily

*Source: ACOG (American College of Obstetrics and Gynecology)

**Source: Sloan Kettering Memorial

If symptoms persist, add the following:

Dimenhydrinate (Dramamine)
25-50 mg every 4-6 hours as needed

Diphenhydramine (Benadryl)
25-50 mg every 4-6 hours as needed