

Morning Sickness and Hyperemesis



Obstetrics & Gynaecology Department

Morning sickness and hyperemesis

Nausea and **vomiting** in pregnancy are extremely common. It is usually referred to as **morning sickness**, however nausea and vomiting can occur at any time of day. Nausea and vomiting occur in most women (50-90%) during pregnancy.

Morning sickness is not a serious condition, and it does not place you or your baby at any risk.

The most severe form of nausea and vomiting in pregnancy is called **hyperemesis gravidarum**. This condition can place you and your baby at some risk as the nausea and vomiting prevent you from retaining and utilizing food and fluids.

Hyperemesis occurs in approximately one per cent of pregnant women. It can start between four to six weeks of pregnancy. Symptoms usually improve from about 15 to 20 weeks but can occasionally last the entire pregnancy.

Mild cases of hyperemesis gravidarum can be simply controlled by a change in diet, rest, and antacids.

More severe cases

- Admission to hospital
- Hydration with i/v fluids
- Injections to stop vomiting
- Bloods tests and urine tests



Tips to relieve symptoms.

Dietary modification suggestions

- Eat frequent small meals every two to three hours.
- Avoid having an empty stomach. Snack in between mealtimes- e.g., biscuits, fruit, toast.
- Eat dry crackers 15 minutes before getting out of bed in the morning.
- Salty foods may help, try potato crisps or salty biscuits.
- Drink fluids half an hour before a meal or half an hour after a meal. Avoid drinking with your meal.
- Drink about eight glasses of liquid during the day to avoid dehydration.
- Try eating cold food rather than hot food (cold foods have less odor)
- Avoid spicy, rich, and fatty foods.
- Avoid foods high in fat.
- Protein-containing snacks are helpful (e.g., yoghurt and fruit, wholegrain crackers with sliced cheese)
- Sugar free mineral waters or soda waters can assist in settling nausea.
- Herbal teas containing peppermint or ginger, or other ginger-containing beverages may ease nausea.
- medication to treat your nausea and/or vomiting and to prevent the progression of the condition.

- The medicines that health professionals recommend are considered safe and have been used for many years to treat nausea and vomiting in pregnancy.

Some foods to try:

- Dry or plain sweet biscuits
- Toast with honey, jam
- Sandwiches with low fat fillings such as tomato, salad, cheese
- Low fat soups
- Fresh or stewed fruit
- Ice cream, custard, or yoghurt
- Boiled, poached, or scrambled eggs
- Boiled rice
- Mashed potato.





Contact us:



APPOINTMENT: (+973) 1775 7600
SWITCHBOARD: (+973) 1775 3333
MATERNITY; (+973) 1775 3570



WHATSAPP: (+973) 3687 7600
INSTAGRAM: awalihospital
FACEBOOK: Awali Hospital
E-MAIL: awali.hospital@bapcoenergies.com
WEBSITE: <https://www.awalihospital.com>
LOCATION: Bldg. 115, Road 4504, Block 945,
Awali Kingdom of Bahrain