

IDEAS FOR HANDLING MORNING SICKNESS

Allow yourself plenty of time to get out of bed. If you usually get up at 6 a.m. set your alarm for 5 a.m. It is usually recommended to keep a stash of crackers or dry cereal by your bed so you can put something in your stomach as soon as you wake up. This is not good for your teeth, as food is high in carbohydrates increase the risk of dental decay. If you must use crackers, brush your teeth as soon as you can tolerate it. Do not brush immediately following vomiting. Get out of bed slowly as you start your day.

During the Day: Eat small meals throughout your day to avoid getting too full or too hungry. It is said that progesterone slows the speed of food passing through your digestive tract. To further prevent your stomach from getting too full or too empty, you should drink fluids a 1/2 hour before or after a meal, but not with your meals. But DO drink fluids throughout your day to avoid dehydration.

Time liquid consumption. You can also try eating your meals without beverages and drink them about two hours after a meal. This is called a dry diet. Having solids and liquids moving around in their stomach together nauseates some people.

Don't drink alcohol or smoke cigarettes. Drinking and smoking can aggravate your condition. If you smoke or drink, now is the time to stop.

Avoid strong sensory stimulation. Heavy smells, spicy food, and lots of movement can make you feel worse or bring on feelings of nausea. Keep your windows open if possible when cooking, or use an exhaust fan to minimize odors. Enlist the help of a family member for tasks like chopping onions or handling meat if it makes you queasy. Lay off fried foods. Grease and the smell of frying food can also trigger nausea.

Sniff lemon or lime. Citrus scents can also help you cope with nausea. Do not suck on citrus fruit. They are highly acidic and can cause erosion of the dental enamel of your teeth.

Get enough rest. Fatigue can actually make your nausea worse. Try to get a little extra sleep each day, but do not nap right after a meal.

Keep a food diary. Track the foods that make you queasy and those that seem to agree with you. You can check your notes and plan menus accordingly.

Don't run for the antacid. You may be immediately tempted to reach for an antacid, but don't do it without consulting your doctor. Some antacids can cause fluid to build up in your system. Ask your doctor if she recommends you take over-the-counter antacids, or if she has another treatment to offer you.

Try mint. Peppermint refreshes and has a soothing effect on the stomach. Try chewing sugarless peppermint gum or drinking peppermint tea.

Experiment with acupressure. Some people who suffer from motion sickness wear acupressure or motion sickness bands to combat nausea. Some pregnant women who've tried them have had some success. These bracelets exert a steady pressure on the inside of the wrist that seems to relieve feelings of nausea. Research done on one brand of motion sickness bands called Sea-Bands indicates that as many as 70 percent of women experience some degree of nausea relief.

Try to reduce your stress levels. Stress can trigger or exacerbate nausea. If you're stressed, take deep breaths and try to relax. Talk to a friend or take a walk. Take some time to plan your schedule and say no to things you can't realistically fit in. Remember to keep things in perspective. Don't sweat the small stuff. If you do have serious stressors in your life, seek professional help. Don't try to keep it all inside or deal with it alone.

Call your doctor, if needed. If morning sickness becomes so bad that you can't eat or take in fluids at all, contact your physician. If necessary, your doctor can prescribe Zofran or Reglan as a last resort to help control severe nausea.