



# Nausea and vomiting in pregnancy

You came to the emergency department with nausea and vomiting in pregnancy. You may have been given fluids through a drip or anti-sickness medicine. You are now well enough to go home. This sheet explains how to manage at home and when to come back.

## What is it?

Feeling sick and vomiting are very common in early pregnancy. They are often called morning sickness, but can happen at any time of day. It usually starts around 6 weeks and gets better by 16–20 weeks. It is caused by pregnancy hormones and does not harm your baby. A few women have severe vomiting, called hyperemesis gravidarum, which needs extra treatment.

## Looking after yourself at home

- Eat small amounts often, every 2–3 hours. An empty stomach can make nausea worse.
- Try plain, dry foods such as crackers, toast or rice. Eating something before getting out of bed may help.
- Sip fluids often through the day, such as water, diluted juice or oral rehydration drinks. Small sips are easier than large drinks.
- Avoid smells, foods or places that make you feel sick. Cold foods often smell less than hot foods.
- Rest when you can. Tiredness can make nausea worse.
- Ginger in food or drinks may help some women.

## Medicines

- If you were given anti-sickness medicine, take it exactly as your doctor told you. These medicines are used safely in pregnancy.
- If your pregnancy vitamins make you feel sick, ask your doctor whether you can take them at night or switch to folic acid only.
- Do not take any other medicine or herbal remedy without asking your doctor or pharmacist first.

## Follow-up

- See your family doctor, health centre or pregnancy clinic within a few days if vomiting continues.
- Keep going to your pregnancy check-ups as planned.

### **Come back to the emergency department or call an ambulance straight away if:**

- You cannot keep any fluids down for 24 hours
- You pass very little urine, or it is very dark
- You feel dizzy or faint when you stand up
- Vomiting blood, or vomit that looks like coffee grounds
- Severe pain in your belly, or bleeding from the vagina
- Fever, or pain when you pass urine
- Feeling confused or very weak



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.  
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