Concerns and Discomforts of Pregnancy - Nausea

Nausea or feeling sick to your stomach is often called morning sickness. Some women also have heartburn or a burning sensation in their stomach, throat or chest. This is common during the first 14 weeks of pregnancy.

To improve your signs:
- Try to eat crackers, dry toast or cereal before getting out of bed in the morning. These foods may help any time of the day you have nausea.
- Eat smaller meals more often instead of 3 large meals.
- Do not let your stomach get completely empty.
- Avoid lying down, sleeping or exercising for 1 hour after eating.
- Avoid high fat, fried, spicy, acidic or greasy foods. Avoid caffeine.
  - Sleep with your head raised up on a pillow.
  - When bending over, bend at your knees and not your waist

Call your doctor if you are not able to keep fluids down for over 24 hours, you have dark urine or you feel weak or dizzy.