

## 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.

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