



How to Stop Morning Sickness When Pregnant

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ABOUT THE AUTHOR

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Published

August 11th, 2011

Morning sickness is horrible! I remember going through it and wondering if I would even survive. The good news is that only about half of women experience this and it usually only lasts from about the sixth week of pregnancy to the third or fourth month.

It is hard to treat something unless you know the cause and unfortunately no one has figured out exactly what that would be. Some believe that hormonal changes or imbalance of blood sugar are the culprits.

Each person is complex and unique so it is therefore important that you study your situation and determine the things that will help you deal with the morning sickness best. Following are a few ideas about what might work for you:

Food and Beverages to avoid: Fat, spices, alcohol and caffeine cause problems for you. It is also wise to avoid certain smells that might trigger nausea or vomiting.

Activities to avoid: Smoking, brushing your teeth right after eating, warm places, cooking (especially if smells are strong), and lying down right after eating can trigger morning sickness.

Food and Beverages that might help: Salty chips, crackers, toast or other things taken in frequent but small amounts. Some women find that ginger tea settles the stomach. Drinking fluids before or after eating is usually better than taking them with the meal. Make sure that you are eating regularly and do not skip meals as you and the baby both need nutrition.

Activities that might help: It might help you to rest with a pillow under your head and one under your legs. Eating before getting out of bed in the morning has helped some women. You will need to either ask for help with this or prepare something that can be waiting by the bed until needed. Take your time when you get up. Sit on the edge of the bed for a few minutes and slowly stand up. Move slowly. After you have eaten, sit up so that gravity will help to keep the food in your stomach.

Seeking help - If nothing seems to be working for you and you are worried about the situation, talk with your doctor. You should contact him/her if you are vomiting three or four times a day, losing weight, have pain or fever or are becoming dehydrated as there are certain medications that can be prescribed and treatments which can help you with these situations.

One of the most important things that you can do for yourself and the baby is to practice healthy living. Fresh air, exercise, rest and making good nutritional choices will be good for both of you. Try to reduce your stress as much as possible and keep reminding yourself that this is a temporary situation that will pass.