



## CAPITAL WOMEN'S CARE

### **Management of Nausea During Pregnancy.**

Diet and lifestyle changes may help you feel better. You may need to try more than one of these suggestions:

- Try eating dry toast or crackers in the morning before you get out of bed to avoid moving around on an empty stomach.
- Drink fluids often.
- Avoid smells that bother you.
- Eat small, frequent meals instead of three large meals.
- Try bland foods. For example, the “BRATT” diet (bananas, rice, applesauce, toast, and tea) is low in fat and easy to digest.
- Try ginger ale made with real ginger, ginger tea made from freeze-dried ginger, ginger capsules and ginger candies.
- Anti-nausea bands (pressure point wristbands).
- Sips of fluids that contain sugar and/or electrolytes: decaf or herbal teas, gatorade, pedialyte (NO green tea or chamomile).
- Italian ices/ popsicles.

Carbonated drinks may help symptoms; others may experience worsening symptoms after drinking carbonated drinks (if you prefer them, allowing them to sit/flatten may help).

AVOID milk/milk products and greasy/oily foods.

AVOID acidic foods such as apples, oranges, tomatoes, lemon juice, etc...

AVOID aspartame.

If you vomit a lot, it can cause some of your tooth enamel to wear away. This happens because your stomach contains a lot of acid. Rinsing your mouth with a teaspoon of baking soda dissolved in a cup of water may help neutralize the acid and protect your teeth.

### **Over the counter medication options**

1. **Vitamin B6:** take 10 to 25 mg of vitamin B-6 three times a day, every six to eight hours.
2. **Unisom (doxylamine):** If Vitamin B6 alone does not help decrease nausea, you may take 1 tablet at bedtime. If nausea persists, you may add ½ tablet in the morning and ½ in the afternoon. (This medicine causes drowsiness).



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**OPTIONS FOR PRENATAL VITAMINS**

<p align="center"><b><u>Over the counter (OTC)</u></b></p> <p align="center">*No prescription needed*</p>	<p align="center"><b><u>Prescription</u></b></p> <p align="center">*Remember to verify cost at pharmacy*</p>
<p><b>Pink stork total prenatal with DHA</b> Iron: Glycinate 27mg Folate: Quatrefolic 600mg</p> <p><b>Thorne Prenatal (<a href="http://www.thorne.com">www.thorne.com</a>)</b> Iron: Chelated Bisglycinate 45mg Folate Quatrefolic 1.7mg DFE</p> <p><b>Ritual prenatal</b> Iron: Ferrous bisglycinate 18mcg Folate: Quatrefolic 1,000mcg</p> <p><b>Pure (compounding pharmacy)</b> Iron Glycinate 27mg Folate: Metrylfolate 1,667mcg DFE + (600MCG I-5-mthf)</p> <p><b>Mama Bird Prenatal (Amazon)</b> Iron: Ferrous Fumarate 18mg Folate: Methylfolate 800mcg</p> <p><b>Actif Prénatal (Amazon)</b> Iron: From organic Murraya koenigii 30mg Folate; Methylfolate 800mcg</p>	<p><b>Prenate Enhance</b> Iron: Sumalate and carbonyl iron 28mg Folate: Quatrefolic total 1mg</p> <p><b>Prenate Mini</b> Iron: Sumalate and carbonyl iron 18mg Folate: Quatrefolic total 1,700mg</p> <p><b>PrimaCare</b> Iron: Sumalate 30mg Folate: Quatrefolic total 1mg</p> <p><b>Vitafol Ultra</b> Iron: Polysaccharide complex 29 mg Folate: Folic acid USP; 0.4mg and L-methylfolate total 1mg</p> <p><b>Vitamed One Rx</b> Iron: Ferrous Fumarate 30mg Folate: Quatrefolic 600mcg, Folic acid 400mcg total 1.4mg</p>