

Feeling Sick — Nausea and Vomiting

If you feel sick, try these tips to make yourself feel better.

Why?

- *During pregnancy, changes in hormones can make you feel sick to your stomach.*
- *Certain smells and movements can make the nausea worse.*
- *Usually the nausea disappears after the 1st trimester.*

How to cope

- *Try to avoid having an empty stomach.*
- *Eat whatever food appeals to you, until you are feeling better.*
- *Get out of bed slowly and eat soon afterward.*
- *Drink fluids between meals, and not with meals.*
- *Choose cold foods (with less smell), or get someone else to do the cooking if possible.*
- *Get plenty of fresh air.*
- *Try smelling fresh-cut lemons.*
- *Avoid smoke, alcohol and caffeine.*

Did you know?

... Although called “morning sickness”, feelings of nausea can happen at any time of day.

If you cannot eat because you feel sick or if you are throwing up a lot, ask a dietitian, doctor or nurse for advice.