

What is morning sickness?

Morning sickness involves symptoms of nausea and/or vomiting during pregnancy. The severity of your symptoms, and your reactions to treatments may vary greatly over the course of your pregnancy. In fact your symptoms may even vary with each pregnancy.

What causes morning sickness?

There are many possible causes of morning sickness during pregnancy, such as changes in the hormone levels in your body, a multi-foetal pregnancy, your ethnicity and your social circumstances. If you have morning sickness, you may be especially sensitive to factors such as the food's appearance, texture, and/or smell.

Why is morning sickness a problem?

Prolonged morning sickness can lead to dehydration and can prevent you from consuming a healthy diet. Following are some suggestions and hints, which may help overcome nausea and vomiting so that you can enjoy a nutritious diet.

Hints for food selection:

1. Never allow your stomach to become empty as hunger can cause nausea.
2. Try to relax at meal times.
3. Eat whenever you feel hungry and want to eat. Don't wait for the next meal, as this feeling may not last.
4. Try small amounts of savoury foods such as potato chips or a favourite dry biscuit. Commence eating small amounts but stop when you feel that you have had enough.
5. Try to take small sips of fluids, such as slightly flat cold lemonade. Stir with a teaspoon, to remove excess gas. Drinks containing some sugar are absorbed more rapidly than plain water.
6. Jellies and icy poles can be an alternative to soft drink beverages. Continue eating small amounts of food and fluid that you find does not exacerbate your symptoms, particularly foods that are low in fat.
7. Avoid beverages and foods that make you feel nauseated. Strong tasting beverages such as coffee, and fried and fatty food (e.g. fish and chips, pies, pasties) may exacerbate nausea and vomiting.
8. If nausea is a problem first thing in the morning, eat something (such as plain toast or dry biscuits) before getting out of bed.
9. Avoid cooking odours, if you are particularly sensitive to them. Allow food to cool slightly before eating or try cold foods, e.g. sandwiches, cheese and biscuits, salads, and desserts.



