

Fast Facts

Morning Sickness / Hyperemesis Gravidarum

- Morning sickness is nausea and vomiting that happens during pregnancy
 - Can occur any time, day, or night
- More common during the first trimester, it can happen throughout the entire pregnancy
 - Cause isn't known but is thought to be related to the hormonal changes
- Certain things can increase your chances of having it, such as you've had nausea/vomiting from motion sickness, migraines, certain smells or tastes, or exposure to estrogen (in birth control pills, for example) before pregnancy, you've had morning sickness during a previous pregnancy, or you're pregnant with twins or other multiples

- Hyperemesis Gravidarum is when morning sickness becomes so severe that the expectant mother becomes dehydrated or loses weight (usually greater than 5% of pre-pregnancy weight)
 - Thought to be caused by the rapidly rising levels of hormones, like estrogen and human chorionic gonadotropin (HCG)
 - Certain things can elevate your chances of having it, like having it during an earlier pregnancy, being pregnant with a girl, having a family history of the condition, being overweight, having a multiple pregnancy, being a first-time mother, or the presence of trophoblastic disease (abnormal growth of cells inside the uterus)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Morning Sickness:</i></p> <ul style="list-style-type: none"> -Nausea -Vomiting <p><i>Hyperemesis Gravidarum:</i></p> <ul style="list-style-type: none"> -Vomiting more than three to four times per day -Vomiting so much that you lose more than 10 pounds -Vomiting so much that you feel dizzy and lightheaded -Vomiting so much that you become dehydrated 	<ul style="list-style-type: none"> -Vitamin B-6 supplements (pyridoxine) -Ginger -Over-the-counter medicines (ex. Doxylamine) -Have smaller, more frequent meals -Eat bland foods that are high protein, low in fat, and easy to digest -Avoid anything greasy, spicy, or fatty -Try eating salty foods (ex. crackers) -Eat crackers or a piece of dry toast before getting out of bed -Drink plenty of fluids (ex. water and ginger ale) -If prenatal vitamins make your stomach upset, try taking them with a snack or just before bed <p><i>Hyperemesis Gravidarum:</i></p> <ul style="list-style-type: none"> -Intravenous (IV) fluids and anti-nausea medicines -Total parenteral nutrition (TPN) -- a complex, balanced solution of nutrients through an IV 	<ul style="list-style-type: none"> -Nothing can completely prevent it -Avoid anything that triggers it

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