

# Nausea and Vomiting During Pregnancy

Nausea and vomiting during early pregnancy is called morning sickness. It can happen any time of the day. It often occurs between the 6th and 13th weeks of pregnancy. If you were in good health before pregnancy, your baby will not be affected by morning sickness.

## **If you have morning sickness:**

- Rest or nap often.
- Eat small meals often to avoid an empty stomach. Keep toast, saltine crackers, pretzels or dry cereal by your bedside. It may help to eat before you get out of bed in the morning.
- Drink liquids between meals, but not during meals.
- Take sips of clear liquids such as soft drinks, apple juice, tea or broth, or small amounts of Jell-O when vomiting occurs. As the nausea passes, increase liquids to a ½ cup or 120 milliliters every hour.
- Avoid greasy or spicy foods.
- Keep notes of when vomiting occurs and anything that makes it worse, such as certain foods, odors, activities or stress. Share this information with your doctor.

## **Call your doctor right away if you:**

- Cannot keep liquids or food down for 24 hours.
- Have stomach pain, fever, dizziness, severe weakness or feel faint.
- Have weight loss of more than 5 to 10 pounds or 2 to 5 kilograms.

# Náuseas y vómitos durante el embarazo

Las náuseas y vómitos al principio del embarazo se llaman náuseas del embarazo. Se pueden producir en cualquier momento del día. Por lo general, se producen entre la 6<sup>a</sup> y la 13<sup>a</sup> semana de embarazo. Si usted gozaba de buena salud antes del embarazo, las náuseas del embarazo no afectarán a su bebé.

## **Si sufre de náuseas del embarazo:**

- Descanse o tome siestas frecuentemente.
- Ingiera comidas pequeñas frecuentemente para evitar tener el estómago vacío. Tenga tostadas, galletas saladas, pretzels o cereales secos junto a su cama. Comer antes de levantarse en la mañana puede serle útil.
- Beba líquidos entre las comidas, pero no mientras come.
- Cuando se produzcan vómitos, tome sorbos de líquidos transparentes, como gaseosas, jugo de manzana, té, caldo o pequeñas cantidades de gelatina. Cuando pasen las náuseas, aumente la cantidad de líquido a ½ taza o 120 mililitros por hora.
- Evite las comidas grasosas o muy condimentadas.
- Tome nota de los momentos en que se producen los vómitos y si existen factores que lo empeoran, como algunos alimentos, olores, actividades o estrés. Comparta esta información con su médico.

## **Llame a su médico de inmediato si:**

- No puede retener líquidos o alimentos por 24 horas.
- Tiene dolor de estómago, fiebre, mareos, debilidad fuerte o siente que va a desvanecerse.
- Ha perdido más de 5 a 10 libras o 2 a 5 kilogramos de peso.

Nausea and Vomiting During Pregnancy. Spanish.

- Have very dark yellow urine or do not urinate for long periods.

These are signs that your body does not have enough fluid. This can be harmful for both you and your baby if untreated. An IV (intravenous) with fluids and nutrients may need to be given. Your doctor may order over the counter or prescription medicines.

**Talk to your doctor or nurse if you have any questions or concerns.**

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- Su orina es de un color amarillo muy oscuro o no orina por periodos prolongados.

Estos son síntomas de que su cuerpo no tiene suficientes líquidos, lo que puede ser dañino tanto para usted como para su bebé si no procura tratamiento. Es posible que se le deba colocar una vía intravenosa con líquidos y nutrientes. Su médico puede indicarle medicamentos de venta con o sin receta médica.

**Hable con su médico o enfermera si tiene alguna pregunta o inquietud.**

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