

## Nausea-Pregnancy

Every pregnancy is different, but some nausea in pregnancy is common. About 50 percent of women will have both nausea and vomiting, 25 percent will have nausea only, and 25 percent will be unaffected. About two thirds of women with severe nausea in a prior pregnancy will have similar symptoms in subsequent pregnancies. Taking a prenatal vitamin before conception may reduce the chance of nausea.

If nausea is so severe that you can not hold down liquids, call your care provider. Women with twins or triplets have higher levels of hormones and are more likely to experience nausea. For most women, nausea starts to get better toward the 12th week of pregnancy; however, early in pregnancy that light at the end of the tunnel can seem very far away. Only a small percentage of women continue to feel nauseous for their entire pregnancy. The one positive thing about nausea is that it is usually a sign of a healthy pregnancy.

### Dealing With Nausea

There are various approaches to help relieve nausea in pregnancy, try out a number of methods to find what works best for you.

#### Dietary changes

Some evidence suggests that small, protein rich meals may help reduce nausea. Try different foods to find the ones you like best. Don't worry too much about nutrition during the first few weeks, as long as you aren't losing a lot of weight, you are getting enough nutrition for the pregnancy.

#### Medications

Several medications are helpful in alleviating nausea in pregnancy. The most important thing is to treat nausea early, instead of trying to tough it out. Delaying treatment may cause vomiting to become more severe over time. Two over the counter treatments are effective. Start with pyridoxine (vitamin B6) either on its own or combined with doxylamine. Begin by taking 25mg of pyridoxine three to four times a day (maximum dose 100mg a day.) If your symptoms do not improve after 3 days, add 12.5mg of doxylamine to each dose of pyridoxine. (Doxylamine is available over the counter as an ingredient in certain preparations to help you sleep always check the label first.) Alternatively, taking ginger capsules (250mg) four times a day may reduce your symptoms. If neither of these over the counter remedies work, consult your care provider for prescription medication.

#### Acupressure

Acupressure bands have been marketed under many different names, but they are basically devices that are worn on the wrist to stimulate the P6 acupressure point. Inexpensive models can be bought over the counter.

## About the Author

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