



## **Morning Sickness (Hyperemesis)**

Changing hormone levels may cause morning sickness or hyperemesis during the first trimester. Increased progesterone causes slowing of intestinal peristalsis causing bloating and increased acid reflux into the esophagus. Nausea and vomiting may result in little or no weight gain during the first trimester. To help alleviate symptoms, stay hydrated and rest. Eat small, frequent meals and avoid spicy and greasy foods. Eating more protein or complex carbohydrates (crackers, popcorn, toast) may help. Antacids and antiemetic (anti-vomiting) medications can be used. Vitamin B6 50-100mg with ½ of a Unisom tablet works well and can be purchased without a prescription. Accupressure wrist bands and ginger may help. Your physician may prescribe Zofran, Reglan, Phenergan or Scopolamine patches. These medications all work differently and can be taken individually or together as needed under the advice of your physician