

Other suggestions for managing sickness:

- Rest whenever you can. Early pregnancy can be very tiring and this can make sickness feel worse.
- Avoid strong smelling foods and open windows when cooking.
- If possible ask for help from a family member or friend e.g. with looking after other children or cooking whilst you are feeling sick.
- Speak to others if you are feeling low - a friend, family member, your midwife.



Signs that you may need extra help:

- Worsening nausea and vomiting
- Difficulty keeping down any food or fluid
- Feeling faint or dizzy
- Dark coloured urine or passing less urine.
- Losing weight.

If you are concerned about your symptoms, please phone your local maternity unit, or 111

If the information in this leaflet does not help or if you have any concerns remember to discuss this with your GP or midwife.

HEALTHY PREGNANCY

Pregnancy symptoms and diet

Nausea and sickness





Pregnancy symptoms and diet

A range of symptoms can be experienced as part of pregnancy, which can affect what you eat.

Morning sickness

Nausea and vomiting in pregnancy is usually called morning sickness, but it can happen at any time of day and is common in the first half of pregnancy.

Don't worry if your diet is not the best while you are feeling sick. Focus on eating foods you feel like eating and are able to manage - you can return to a healthy diet once you feel better from the sickness.

Mild or moderate morning sickness has not been shown to have adverse effects on pregnancy. About 1-2% of women may have very severe vomiting which can cause dehydration and may lead to significant weight loss - **it is important to seek medical help if this happens.**

Health professionals may recommend you take an anti-sickness tablet to help with symptoms and allow you to meet your nutritional requirements.



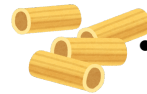
There is useful information available from:
www.pregnancysicknesssupport.org.uk

Suggestions for managing sickness:

- Some people find it helps to eat a dry snack within 30 minutes of waking (e.g. a cracker or toast)



- Have small amounts of food and fluid frequently - try eating 6-7 small meals/snacks throughout the day. It may help to have food and drinks separately.



- Plain, bland and dry foods may be better tolerated



- Avoid fatty or spicy foods, or foods with strong smells.

- Try foods or drinks with ginger in them – for example, ginger tea, ginger biscuits, ginger ale.



- Stay hydrated by having sips of fluids through the day - e.g. water, milk, fruit juice/ smoothie, sugar free drinks, weak decaf tea.



Wet foods can also help towards fluid intake:

-Ice lollies

-Apples or -tinned fruit e.g peaches

-Soft cooked potato/ mash

-Yoghurt

