



## Carolin's HealthCare System

### Charlotte OB/GYN

#### TREATMENT FOR "MORNING SICKNESS"

A very common, bothersome discomfort of early pregnancy is nausea. Although sometimes called "morning sickness" this nausea may occur at any time during the day or with some people it lasts all day. It usually subsides by the twelfth to fourteenth week of pregnancy. Listed below are some measures you may try to help alleviate this discomfort:

1. Vitamin B-6 (Pyridoxine) 100 mg a day, 25 mg tablets - take one tablet four times a day or take 50 mg tablets twice a day. Take the vitamin tablets on a routine basis. Do not wait until nausea occurs to take.
2. Try to keep something in your stomach at all times. Eat frequently but in small amounts at a time. Try six to eight small meals a day instead of three regular meals.
3. Avoid greasy, highly seasoned foods. A bland diet is much easier to digest.
4. Upon arising in the morning, try to eat something dry such as toast, crackers, or popcorn. Avoid consuming liquids when you first get out of bed.
5. Get plenty of rest and exercise.
6. You may also use an over-the-counter drug called Emetrol. Emetrol is a safe antiemetic for the control of nausea, and vomiting, as in morning sickness. The contents on Emetrol are similar to coke syrup, except Emetrol does not contain caffeine, and when absorbed by the body, they do not present the risk of harmful side effects to you or your baby.

**DIRECTIONS:** To relieve nausea and vomiting of morning sickness, take one or two tablespoonfuls when you arise (you may find it particularly helpful to take it 10 to 15 minutes before you get out of bed).

If you are vomiting, take one or two tablespoonfuls every 15 minutes until vomiting stops. If you reject the first dose, repeat the dose in five minutes. If your vomiting is not controlled by five doses within one hour, consult your physician.

**IMPORTANT:** Do not dilute Emetrol or drink any fluids immediately before or for at least 15 minutes after each dose.  
(Drug information copied and supplied by WILLIAM H. RORER, INC.)

Remember, nausea is normal in pregnancy, although not all women experience it. If these measures don't help or you have any questions, please do not hesitate to call.

## 704/446-1700

Morehead Medical Plaza  
1025 Morehead Medical Dr., Suite 400  
Charlotte, NC 28204

Arboretum Prof. Park  
7810 Providence Rd., Suite 101  
Charlotte, NC 28226

Northcross Medical Park  
16455 Statesville Rd., Suite 480  
Huntersville, NC 28078

Morrocroft Medical Plaza  
4525 Cameron Valley Pkwy., Suite 2500  
Charlotte, NC 28211