



# Morning Sickness / Fatigue

## Morning Sickness

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Morning sickness is nausea and vomiting during early pregnancy. Despite the name (Morning Sickness) the nausea and vomiting can happen ANY TIME of the day and may last ALL day long.

It usually begins about the sixth week of pregnancy and tends to resolve by the 13th week. Morning sickness happens because the pregnancy hormone levels in your body change rapidly during early pregnancy. Stress, not eating for several hours, or certain odors may trigger morning sickness.

If you are suffering from morning sickness try not to worry about the health of your baby. If you are in good health before pregnancy, your growing baby will likely have enough nutrients for the first months of pregnancy despite Morning Sickness.

### However you should call your doctor if:

- You cannot keep liquids down for 24 hours
- You have abdominal pain, fever, dizziness, severe weakness, or feel faint.

## Tips To Help Morning Sickness

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### Rest:

Take more frequent rest periods and naps. Keep a slice of toast, saltine crackers, pretzels, or dry cereal at your bedside. It may help to eat something before you get out of bed to prevent moving around on an empty stomach.

### Diet:

Eat smaller, more frequent meals to avoid having an empty stomach. Avoid highly seasoned, greasy fried foods. If food odors bother you, select foods that are eaten cold or room temperature.

### Liquids:

When bouts of vomiting occur, take sips of clear liquids only. As the nausea passes, increase the amount of liquids to ½ cup every hour. Some examples of clear liquids are Jell-O, clear soft drinks (Sprite), apple juice, tea, and broth. Ginger ale made with real ginger, ginger tea made from grated ginger, and ginger candies can help settle your queasy stomach.

## Fatigue

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It is normal to feel totally exhausted and wiped out during your first trimester. This is primarily due to the increase in your hormone levels and metabolism. It is important during this time to listen to your body and get more rest and possibly consider adding a 15-30 minute nap. Usually after the first trimester most of your energy will come back, however, most women will begin to feel fatigue again in the third trimester.