

My heart burn isn't helping!

Heart burn and acid reflux can contribute significantly to NVP.

- Try TUMS or over the counter famotidine.
- If your heart burn persists, talk to your physician about a prescription medication.

Avoid acidic foods such as: tomatoes, citrus, caffeine, etc.

When should I seek help?

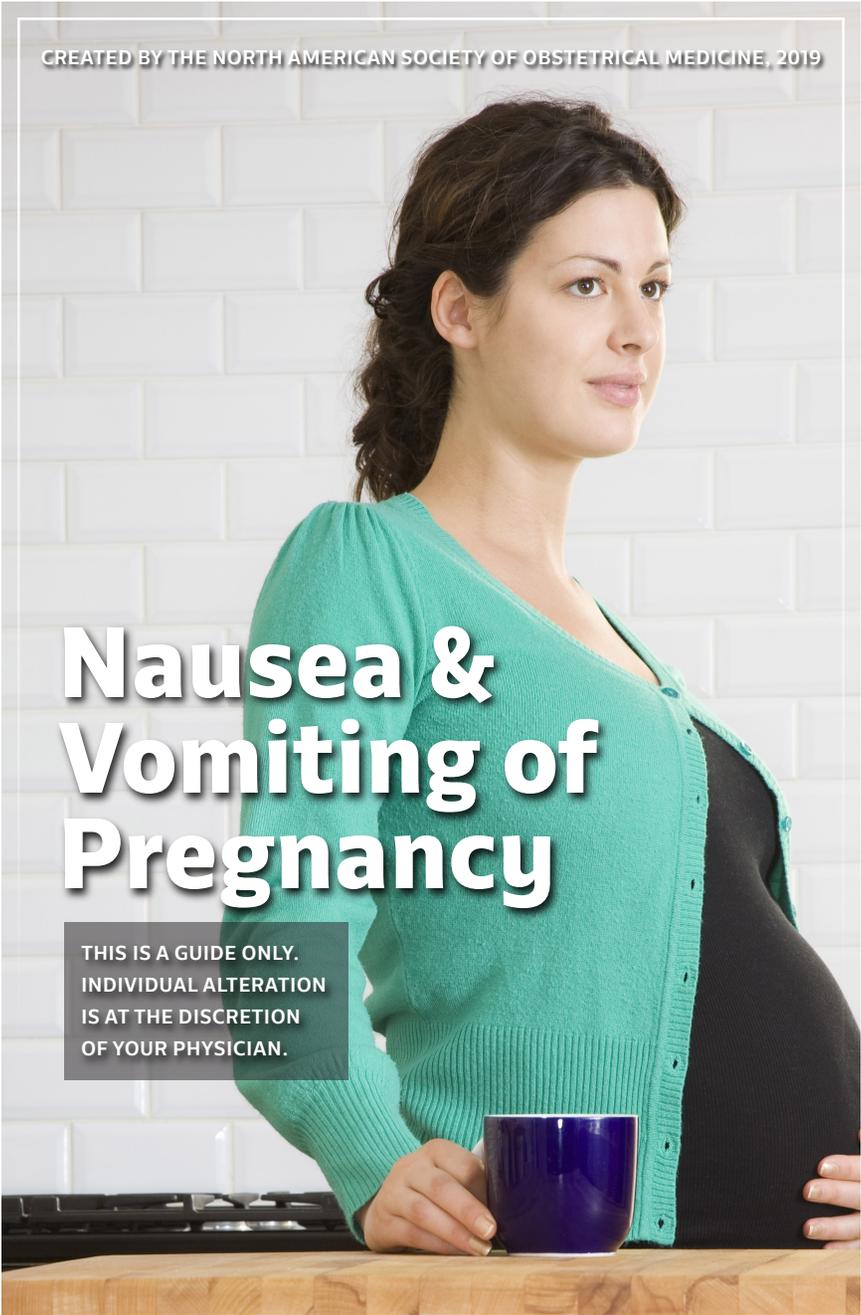
You should seek urgent medical attention if you experience:

- **Lightheadedness**
- **Fainting**
- **Inability to keep down fluids for 24 hours**
- **Not needing to urinate in > 12 hours**

References

- SOGC 2016 guidelines.
- Alberta Health Services. (2016). Nutrition Practice Guideline: Nausea and Vomiting of Pregnancy.
- Campbell, K. et. al. (2016). The Management of Nausea and Vomiting of Pregnancy. JOGC. 38(12); 1127-1137.
- Boelig, R. et. al. (2016). Interventions for treating hyperemesis gravidarum. Cochrane Database of Systematic Reviews. Cochrane Pregnancy and Childbirth Group. DOI: 10.1002/14651858.CD010607.pub2

CREATED BY THE NORTH AMERICAN SOCIETY OF OBSTETRICAL MEDICINE, 2019



Nausea & Vomiting of Pregnancy

THIS IS A GUIDE ONLY.
INDIVIDUAL ALTERATION
IS AT THE DISCRETION
OF YOUR PHYSICIAN.

What is nausea & vomiting of pregnancy?

Nausea and vomiting of pregnancy (NVP) is common, affecting up to 80% of women. While some women experience few symptoms, others can have severe nausea and or vomiting limiting their abilities to function at home or at work. There is nothing you did or did not do that has caused you to experience nausea and vomiting.

Hyperemesis gravidarum (HG) is a severe form of NVP affecting up to 2% of pregnancies. HG leads to weight loss, imbalance of the salts in your blood, dehydration, and often requires hospitalization.

NVP and HG are most common in the first trimester and the majority of women improve by 18 weeks gestation although some will continue to experience symptoms throughout the pregnancy.

NVP and especially HG, can lead to feelings of helplessness, depressed mood, and decreased energy. If you are experiencing any of these please speak with your health care provider.

Will my baby be affected?

NVP does not appear to affect babies.

HG is associated with preterm delivery and small for gestational age babies.

What can I do?

Limit processed foods and decrease carbohydrate intake (protein is often more tolerable). Consider separating liquids from solids by approximately 1 hour. Eat whatever pregnancy-safe food appeals to you.

While vitamins containing B-complex taken before you become pregnant and early in pregnancy may reduce NVP, the iron content of prenatal vitamins can worsen nausea. Consider taking only folic acid, or adult/children's chewable vitamins.

Are there any non-medication strategies I can use?

- Ginger root: 250mg orally four times a day.
- Acupuncture or physiotherapy guided acupressure.
- Mindfulness, particularly mindfulness based cognitive therapy has shown some benefit.

What treatment options are available?

- Dicletin (Doxylamine in combination with pyridoxine (Vitamin B6)) - 4 tablets a day to maximum 12 tablets a day - reduces the duration and severity of NVP and has been shown to be safe in pregnancy. In Canada this is available as a prescription, please talk to your doctor.
- Antihistamines (eg: Diphenhydramine 25-50mg every 6 hours; Dimenhydrinate (Gravol) 50mg every 4 hours) are safe in pregnancy although can be sedating.
- Phenothiazines (eg: prochlorperazine 5-10mg every 6-8 hours) are safe in pregnancy but may rarely cause muscle spasms or may cause you to feel restless.
- Sometimes if one medication by itself is not helping a combination of medications will.
- **There are other prescription medications available if the above are not working well for you. In addition, other treatments (such as intravenous hydration either in hospital or at home) may be necessary. Please speak to your doctor if your nausea remains poorly controlled as this can affect your quality of life.**
- Treating and avoiding constipation is also really important. Please speak to your doctor if constipation is an issue for you.