Guidelines for Hyperemesis Gravidarum
(Vomiting in Pregnancy)

Nausea and vomiting during pregnancy is commonly referred to as “morning sickness” but can occur at any time, day or night. The good news is that the condition is usually temporary while your body is adjusting to being pregnant. The following guidelines can help you make it through this rough time as quickly and as painlessly as possible.

WHEN VOMITING OCCURS:
Avoid eating and drinking anything until the vomiting has ceased. Once you have controlled the vomiting, try small amounts of clear liquids (see below). Begin with 1 teaspoon every 10 minutes, gradually increase to 1 tablespoon every 20 minutes and finally try 2 tablespoons every 30 minutes. Advance to a low fat diet as tolerated using the guidelines below.

CLEAR LIQUIDS
Water
Carbonated Beverage
Coffee, Tea (Decaf)
Fruit Juice (Strained)
Fruit Flavored Drinks
Gelatin
Fruit ice
Popsicles
Broth

WHEN NAUSEA OCCURS:
In the morning—Often women feel fine when they first wake up, but then get sick when they try to move.

Continue to lie still for 5-10 minutes upon waking before getting out of bed. Keep some crackers (saltines or low fat type) at the bedside and eat them upon waking—lying still for 5-10 minutes. For the rest of the day: Eat low fat foods. Foods high in fat stay in the stomach longer and are harder for the body to digest. When resuming solid foods, try these first:

- Fresh, canned or frozen fruit
- Plain toast w/jelly-NO Butter
- English Muffin
- Plain bagel (no cream cheese)
- Dry cereal—plain 1st then if tolerated, with some skim milk
- Saltines, Graham Crackers, matzo etc
- Pita Bread
- Plain rice, noodles, or potatoes—no fat
- Vegetable or broth-based soups

Avoid these foods for now:
Any fried foods, cream cheese, butter, margarine, sour cream mayonnaise, ice cream, potato chips, corn chips, etc.. bologna, salami, hot dogs, bacon, sausage gravy, cream sauce, milk chocolate, nuts

- Eat small amounts of food often and slowly. Looking at a large plate of food can make your appetite disappear.
- Drink fewer liquids with meals—drink or sip liquids throughout the day except at meal times.
- Try to stay away from places where food is prepared. The smell of food (especially hot food) is enough to trigger a wave of nausea in some women.
- If you must prepare food ... Stick with cold foods, such as sandwiches, cottage cheese and fruit plates or cheese and crackers.
- Drink beverages cool or chilled. Try freezing your favorite beverage in ice cube trays.
- Rest after meals. It’s best to remain sitting upright to 10-30 minutes after meals.
- Wear loose fitting clothes

If severe nausea persists and you have tried everything listed in these guidelines—contact the office.

Voss Center For Women
210 North Tillotson Avenue
P.O. Box 1979
Muncie, In 47308

Phone: 765.286.3900
Fax: 765.286.3915

Phone Nurses Hours
Monday-Wednesday 8 am-12 pm
& 1:30 pm - 4:30 pm
Thursday 8:45 am - 12 pm
& 1:30 pm - 4:30 pm
Friday 8 am - 12 pm
& 1:30 pm - 3:30 pm