

Useful website links

- *Health Navigator* -
<http://www.healthnavigator.org.nz/healthy-living/pregnancy/morning-sickness/>
- *Ministry of Health* -
<http://www.health.govt.nz/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/morning-sickness>
- *Health Navigator (Hyperemesis)* -
<http://www.healthnavigator.org.nz/health-a-z/h/hyperemesis-gravidarum/>

The National Women's Health website has accurate and up to date information which you may find helpful.

www.nwhealthinfo.co.nz

You can find this leaflet in the [A-Z fact sheets](#) section

Nausea and Vomiting in Pregnancy (Hyperemesis)

Tena koutou katoa | Kia orana |
Talofa lava | Malo e lelei
Fakaalofa lahi atu | Taloha Ni | Ni
Sa Bula Vinaka
欢迎 | こんにちは | ماب حر
Greetings and Welcome to

**National Women's Health
Auckland District Health Board**



What is it?

Nausea and vomiting (or sickness) of pregnancy is very common – it affects 3 out of 4 pregnant women. Some women have nausea on waking “morning sickness” while other women have nausea all day.

The most severe form is called Hyperemesis Gravidarum, which can cause weight loss, dehydration, and admission to hospital. This occurs in 1 in 100 pregnant women. Nausea usually disappears by 12-14 weeks, but for some women it can last for most of the pregnancy.

Nausea in pregnancy can affect your general well-being. It can affect your family relationships. It may be difficult to work and/or look after children. You may be worried about its effect on the baby. The cause of nausea in pregnancy is not well understood.

What can help?

Dietary changes

- Eat small frequent nutritious snacks (such as yoghurt fruit biscuits toast).
- Avoid fatty or spicy foods.
- Avoid drinking cold, tart or sweet drinks.

Lifestyle changes

Avoid things that trigger your nausea, such as strong odours. Because tiredness can make nausea worse, try to increase the amount of rest and sleep you get. Ask your GP or midwife for a note for work if needed. Get as much support and help as possible from family, friends and neighbours. Ask them to cook, help clean the house, babysit, or take over duties that are difficult for you.

Vitamin B6

Vitamin B6 has been shown to be very effective in improving nausea and vomiting of pregnancy, and is safe in pregnancy (available from the chemist).

Ginger

Some women find that drinking gingerale or ginger tea is helpful. Ginger supplements may help (available from the chemist).

Acupuncture

Some women find that acupuncture, or acupressure bands worn on the wrist (available from the chemist), are helpful.

If the above suggestions are not helpful, contact your GP or midwife right away to discuss other treatments that are safe in pregnancy.