



Recommended Treatment for Severe Nausea (Hyperemesis Gravidarum)

- ✿ Eat small, frequent meals; hunger can worsen nausea.
- ✿ Avoid fluid for 1 to 2 hours before and after meals.
- ✿ Consume plain, starchy foods (crackers, dry toast, Melba toast, rice, pasta or noodles, plain boiled or baked potatoes, unsweetened cooked or ready-to-eat cereals) during times of nausea because they are easily digested and unlikely to cause nausea. Spicy foods can worsen nausea.
- ✿ Decrease intake of fats and fried foods. Fat delays gastric emptying and can increase nausea.
- ✿ Minimize exposure to strong food odors. Avoid cooking foods with strong odors during times of nausea, maintain adequate ventilation in the kitchen, and use lids on pots during cooking.
- ✿ Avoid brushing teeth immediately after eating because this causes some individuals to gag.
- ✿ Try salty foods (e.g., potato chips) or tart foods (e.g., lemonade), which are tolerated well by some women with nausea.