



Nausea and Vomiting in Pregnancy



- ✓ Nothing Spicy or greasy.
- ✓ Frequent small meals.
- ✓ Vitamin B6 50 mg every 6 hours.
- ✓ Ginger Pills one with each meal.
- ✓ Dramamine at night.
- ✓ Sea Bands.
- ✓ Gas or Reflux: Tums.



SEA-BAND.
THE SAFE CHOICE FOR NAUSEA RELIEF



Diet and Supplements Recommended in Pregnancy

- ✓ Diet high protein, low carbohydrates.
- ✓ Eat lots of meats and vegetables.
- ✓ No more than one glass of whole milk daily.
- ✓ Fruits Sparingly.
- ✓ Fish/Seafood, try to avoid tuna or high mercury fish.
- ✓ Salmon, Shrimp no more than 2 times a week.
- ✓ **DO NOT EAT CARBS;** cookies, ice cream, bread, pasta, rice, potatoes, etc.
- ✓ DHA/ Omega-3 Fatty Acids 500-1000 mg daily for baby's brain development.
- ✓ Probiotics or acidophilus, one capsule/tablet daily. (Help to decrease eczema in baby)
- ✓ Vitamin C 500 mg when sick.
- ✓ Extra Iron if you are anemic.
- ✓ Fiber Choice or Fiber gummies for constipation.
- ✓ Baby Aspirin if gestational Hypertension or history of Pre-eclampsia.



BACK PAIN: Sacroiliac joint maternity belt.



AFTER HOURS PHONE CALLS ONLY FOR EMERGENCIES, PLEASE!

For any appointments (schedule/cancellations), lab results, ultrasound results, medication refill, questions for nurses/doctors (no emergencies), billing or insurance questions; **CALL DURING BUSINESS HOURS.**

Thank you!