



OB/GYN Specialists of Brevard

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Morning Sickness

Nausea and vomiting many times occur during the early part of pregnancy. Although it is frequently referred to as “morning sickness”, it can occur any time of the day or night. Usually, it disappears after the third month. Because of the increasing levels of hormones, the secretory cells in the stomach increase their production of gastric juices. At the same time, the bowel slows down its ability to empty the contents of the stomach. This then causes the feeling of nausea and, in some cases, vomiting.

To prevent morning sickness, try the following suggestions until you find something that works for you.

1. Eat a piece of bread or a few crackers before you get out of bed in the morning
2. Get out of bed slowly. Avoid sudden movements
3. Have some yogurt, cottage cheese, juice, or milk before you go to bed
4. Eat several small meals during the day so your stomach does not remain empty long.
5. Eat high-protein foods – eggs, cheese, meats – as well as fruits. These foods help prevent low levels of blood sugar which may cause nausea
6. Avoid greasy, fried, spicy, or heavily seasoned foods
7. Try spearmint, raspberry, or peppermint tea.
8. Get fresh air. Sleep with windows open.
9. Follow the suggestions in the HYPEREMESIS DIET
10. If vomiting persists despite these interventions, you should call the office.

Anti-nausea medications are available and can be prescribed for you.



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HYPEREMESIS DIET

Principle:

The hyperemesis diet is a high carbohydrate, low fat diet that is indicated for pregnant women experiencing nausea and vomiting during the first trimester of pregnancy. The diet is planned to include frequent small feedings throughout the day to prevent distension of the abdomen. It is recommended that beverages be consumed between meals instead of with meals.

Food Groups	Allowed	Avoid
Beverages (Drink between meals)	Carbonated beverages, fruit-flavored drinks, tea, coffee	Chocolate/Cocoa flavored beverages, excessive amounts of coffee or tea
Breads	Enriched white bread, rye bread, whole grain, raisin bread, English muffins, bagels, rolls, melba toast, saltines, soda crackers	Butter rolls, biscuits, muffins, quick breads, pancakes, waffles, sweet rolls, donuts
Cereals	All except those listed to avoid	Cocoa flavored cereals
Desserts	Fruit, gelatin, pudding made with skim milk (except chocolate), angel food cake, plain cookies, fruit ice, hard candy	Desserts made with chocolate, cocoa, cream, egg yolks, shortening, whole milk, or nuts. Ice cream, pie, heavy cake with icing, pastries
Fats	Butter, margarine, salad dressings	Gravy
Fruits and Juices	All except those listed to avoid	Avoid if they cause distress or heartburn

Morning Sickness and Hyperemesis Diet - 3 -

Meat, Fish, Poultry, Eggs,
Cheese

All must be baked or broiled
and trimmed of fat

Fatty meats, meat with
gravy, fried meats, cold cuts,
hamburgers, hot-dogs

All beef, veal, poultry, fish

sausage, spareribs, pork,
bacon, corned beef, beef

All cheese made with skim
milk, cottage cheese, edam,
mozzarella – part skim,
parmesan

brisket, poultry skin, goose,
duck, veal cutlets, lamb
chops, peanut butter

Potato or Substitute

White or sweet, broiled,
mashed, baked, noodles,
rice

Potato chips, fried potatoes,
creamed potatoes

Seasonings

Salt, herbs, lemon, parsley,
pimento, vinegar, vanilla

Black pepper, red pepper,
garlic, chili powder

Soups

Clear, fat-free broth, cream
soups made with skim milk,
vegetable soup

Any containing fat, cream, or
whole milk

Vegetables

Avoid if they cause distress:
Broccoli, brussel sprouts,
cabbage, cauliflower,
cucumbers, corn, onions,
peppers, radishes,
sauerkraut

Miscellaneous

Catsup, skim or low-fat
milk, mustard, Tums,
Rolaids, Pepcid, Zantac

Olives, gravy, nuts

Vitamins

B-complex vitamins