

## **First-line Nausea of Pregnancy Treatment**

Vitamin B6 (pyridoxine) 25-50 mg by mouth 3 times/day  
May add ½ tablet Unisom (doxylamine) at night if needed

Ginger 250 mg by mouth 3 times/day

Increase protein intake to 70-80 grams/day

Try wearing seabands on your wrists

Drink to thirst. Use flavored water or ginger or mint tea. Sometimes over hydrating makes nausea worse

Small frequent snacks (consider a few saltines before getting up in the morning)

If none of the above work and the nausea and/or vomiting is interfering with your normal daily activities, we can discuss using prescription medications. Keep in mind that most women find improvement of their nausea after 12-13 weeks. We recommend trying to avoid prescription medications in the first 9 weeks if at all possible, but are open to prescriptions after a discussion of risks/benefits.