

HYPEREMESIS

Hyperemesis is severe nausea and vomiting in pregnancy, which can lead to weight loss and dehydration. Although diet will not stop the symptoms these suggestions may help you with food tolerance and make the most of what you are able to tolerate.

General Suggestions

- Try small, frequent meals six to eight times per day.
- Do not force foods or fluids even when feeling better.
- Avoid strong food odors.
- Avoid high-fat and spicy foods.
- Liquids are often not well tolerated at first, so do not force them; sip slowly.
- Wait 30 to 60 minutes after eating to have liquids.
- Do not lie down after eating; rest by sitting up for an hour after meals.
- If you are unable to take your prenatal vitamins take an over-the-counter general multivitamin; make sure that it contains 0.4 mg of folic acid.
- Small, dry, high-carbohydrate feedings are recommended during bouts of nausea and vomiting. Some suggested foods are:
 - Saltines, Plain low-fat cookies, Toast with jelly, Plain low-fat cake, Plain potatoes, Plain rice, noodles and pasta, Dry cereals, Pretzels
- Before arising in the morning try eating some form of dry, high-carbohydrate food.
- Try small amounts of any food that is appealing to you.
- Drink small amounts of low-fat liquids such ginger ale, juice or low-fat milk at least one hour before or after solids.
- When your tolerance of foods improves try lean meats, mashed potatoes, puddings made with skim milk and bananas

Specific Food Categories

Soups – try mildly seasoned meat, stock or low-fat cream soups and avoid other soups

Meats and Substitutes – try lean, tender meats, poultry or fish. All should be baked, broiled or boiled. Try boiled eggs. Avoid fried meat, poultry or fish. Avoid highly seasoned, cured or smoked meat, poultry or fish (for example corned beef, luncheon meat, sausages, bacon).

Fruits - try fruit juices, canned fruits, grapefruit or orange sections (without membrane). Avoid other fruits as well as dried fruits, berries and figs.

Vegetables – try vegetable juices and cooked vegetables (for example asparagus, green bean, beans, carrots, peas, spinach and mushrooms). Avoid raw vegetables, dried peas and beans, corn and gas-forming vegetables (for example broccoli, onions, cauliflower, brussels sprouts, cucumbers, cabbage, turnip, sauerkraut, green peppers).

Bread and cereal products - try enriched breads and cereal. Avoid coarse cereals such as bran. Avoid seeds in or on breads, rolls and crackers. Avoid bread and products made with nuts or dried fruits. Avoid fried breads and pastries such as donuts.

Potatoes and Substitutes – try potatoes, enriched rice, barley, noodles, spaghetti, macaroni and other pastas. Avoid potato chips, fried potatoes or rice, and wild rice.

Fats – try butter or margarine or mayonnaise. Avoid salad dressing. Avoid peanut butter.

Desserts – try low-fat plain cakes, cookies, puddings, custard, ice cream, sherbet and jello. Avoid desserts containing nuts, coconuts or fruits (see above). Try Ginger candy.

Milk and milk products – try skim milk and low-fat milk products. Avoid whole milk and cream. Try low-fat or non-fat cheese but avoid other types of cheese.

Beverages – try decaffeinated coffee, fruit drinks, caffeine-free carbonated beverages and weak tea or Ginger tea. Avoid all caffeine-containing beverages (for example, coffee, strong tea, cocoa, cola). Abstain from alcohol completely.

Condiments and sweets – try iodized salt flavoring, low-fat gravy and sauces, mild herbs spices. Try sugar, syrup, honey, jelly, small hard candies and marshmallows. Avoid strongly flavored seasonings and condiments (for example ketchup, pepper, barbecue sauce, chili sauce, horseradish, vinegar). Avoid olives, pickles, popcorn and nuts. Avoid chocolate candy.

Medications/Herbs/Vitamins/other treatments

If dietary changes are not sufficient to keep your nausea and vomiting under control, then the following can be tried:

- Acupressure; Acupuncture; Chamomile; Lemon oil.
- Ginger tablets 250mg four times a day.
- Pyridoxine (Vitamin B6) 25mg three or four times a day.
- Doxylamine 12.5mg (1/2 of a Unisom SleepTabs, NOT SleepGel) three times a day.

If still not doing well, prescription medication can be considered.

- Diclegis (Delayed release Doxylamine and Pyridoxine), 10mg each - First line and safest (Category A) start 2 tablets at bedtime, if not better then one tablet added in the morning, and then one more tablet in the afternoon. If Diclegis is not available then you can take the ingredients separately as noted above.
- Metoclopramide (Reglan) 10mg every 8 hours – considered safe (Category B). Rare side effect is tardive dyskinesia, a movement disorder, especially if used for a long time (usually more than 12 weeks).
- Oedansetron (Zofran) 4mg every 8 hours – Effective and Category B, but some concern has been raised that there may be an association with heart defects in the baby.