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### **NAUSEA & VOMITING DURING PREGNANCY**

This is a very common problem for many women during pregnancy. Fortunately, this problem usually resolves around the end of the first trimester. Until you get far enough along in your pregnancy for the problem to stop, there are some ways you can help yourself.

1. Eat frequent, small meals instead of few large meals each day.
2. Try to hydrate yourself well with Pedialyte, Gatorade, water, or whatever tastes good to you. Try to avoid caffeinated beverages such as coffee, tea, or coke. The caffeine may hydrate you further.
3. Clear liquids. If you can't see through the liquid, it is not clear.
4. Bland foods are better than spicy foods usually. Bananas, rice, applesauce, plain toast, and saltine crackers are good for you when you are nauseated.

**If you try these steps and are not feeling better, you may need to be checked for dehydration in the office. Call us 256-265-6512 if your symptoms are severe.**