

Morning Sickness



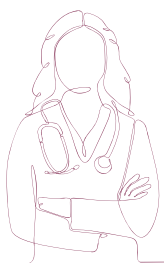
What causes morning sickness?

- Increased hormones in the first trimester (13 weeks)
- Increased sense of smell
- Sleep disturbances
- Blood sugar fluctuations



Tips to ease symptoms

- Eat small meals often, and include foods rich in protein
- Stay hydrated- drink lots of water
- Avoid fatty, spicy, fried foods
- Try sour fruit flavors or ginger (like Preggie Pops)



When to call a doctor

- Nausea and vomiting are not improving
- You are losing weight
- You are vomiting blood or stop being able to urinate
- You are unable to keep fluids down

PREGNANCY
CARE CENTER

Questions? Need Resources?

We are here to help you make the best decision for yourself. Call us at **210-614-4124** if you have any questions or need resources to help in your decision. You are not alone.

