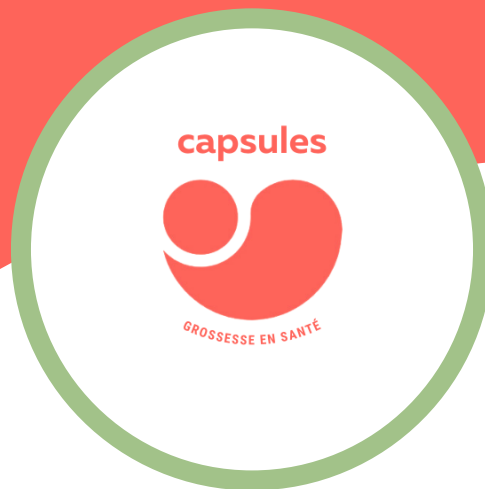


Video Capsules

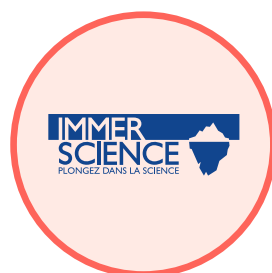
HEALTHY PREGNANCY



Whew nausea! The Menu of Options.



In collaboration with:

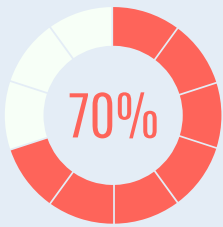


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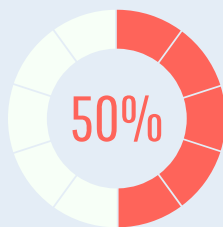


Are Pregnancy and Nausea Inseparable?

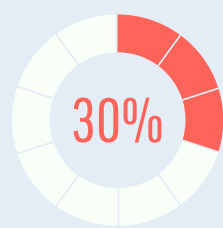
In numbers:



of pregnant women experience **nausea**;



of pregnant women experience **vomiting**;



of them experience intense nausea and vomiting, which **affects** their **daily lives**.

Why?

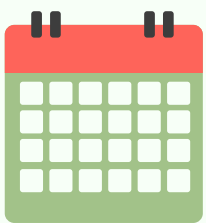
Mainly caused by **hormonal changes** in early pregnancy.



When?

Start:

From **3rd** to **8th** weeks of pregnancy.



End:

Usually at the end of **1st trimester**;

They can last up to 20 weeks and, in rare cases, longer.



So, it's "normal" ? Yes, but it **shouldn't**:



Prevent eating;



Lead to **dehydration**;



Prevent activities;



Cause **severe** and **persistent** vomiting.



Lead to **weight loss**;

Consult a healthcare professional if:



Medication **doesn't help**;



You have symptoms of **dehydration**;



You have symptoms of **hyperemesis gravidarum**;



Your nausea and vomiting **begin after 10 weeks** of pregnancy;

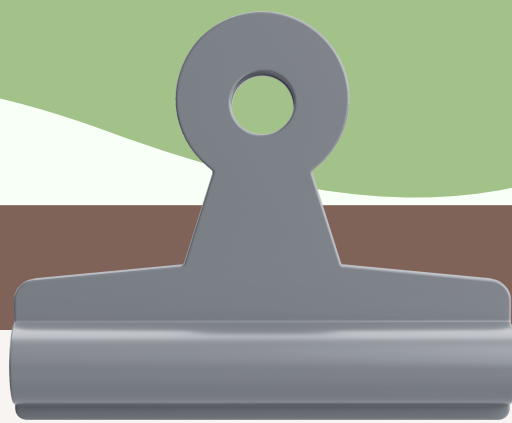


Fever, abdominal **pain** or **blood** are present.



It's common, but you don't have to suffer!

I'm nauseous, what can I do?



Menu of Options

Talk to your healthcare team to determine which option is right for YOU.

Appetizers: Change of Habits

Eat **small quantities** frequently

Drink to avoid dehydration

Smell **ginger** or **lemon**

Eat what you feel like when you **feel like** it

Prioritize **light foods** (e.g. banana, rice, applesauce, toast, salted crackers)

Eat **before getting up** in the morning

Avoid cooking or eating **spicy, fatty** or **fried** foods

Prioritize **protein-rich** foods



Main Courses: Medications & Treatments*

Substitute your multivitamins with vitamins lower in iron
(while still taking your folic acid)

Vitamin B6

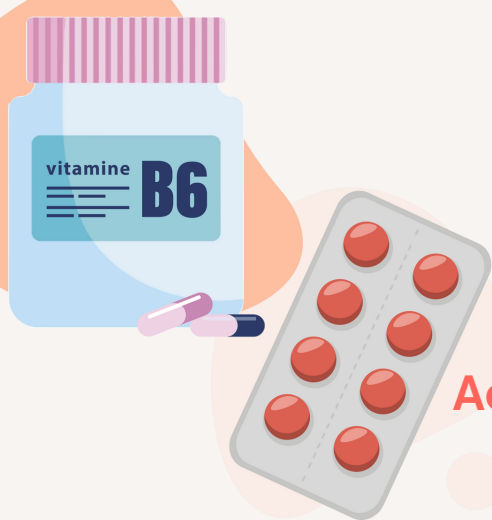
Anti-histamine

Anti-histamine + vitamin B6

Other medications

Acupressure (3 fingers under the wrist)

Acupuncture

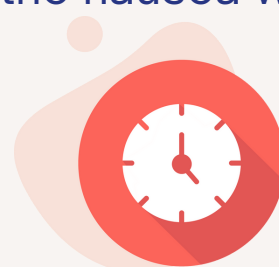


Dessert: Time

Not necessarily what you want to hear, but yes, the nausea will go away eventually.



You got this!



*Self-medication is to be avoided. Talk to a healthcare professional BEFORE making any changes to the products you use.