Congratulations! We are pleased you have chosen Clarksville Women’s Center for your maternity care!

If you haven’t already, you may begin to experience morning sickness which is nausea and/or vomiting of pregnancy. This affects nearly 75% of pregnant women. The exact cause is unknown. In most cases, it is a mild, self-limited condition that can be controlled with conservative measures at home. Not all women will have these symptoms with their pregnancy, but those who do will usually have it starting at around week 6 and lasting for 12 to 18 weeks. It is a normal symptom of pregnancy.

Some tips to help can be eating small, frequent meals 4 to 6 times a day instead of 2 to 3 large meals. Eat easily digested foods that are high in complex carbohydrates. Examples include crackers, cereal, toast, potatoes or pretzels. Keep some crackers or toast at your bedside. A good way to help with this is to eat crackers before you get out of bed in the morning. Avoid spicy or strongly flavored foods.

If nausea persists after trying these remedies you can try 20 mg pepcid, 25mg Vitamin B6 and Unisom (doxylamine). These can be found over the counter at any local store. Take as directed below:

One 25 mg Vitamin B6 and ½ Unisom tablet in the Morning

One 25 mg Vitamin B6 and ½ Unisom tablet at Noon

One 25 mg Vitamin B6 and 1 Unisom tablet and 20 mg Pepcid at Night

If your nausea and vomiting persists to the point that the above measures are not working, please call us and we can send send something in for you. 479-754-5337

Thank you,

Shannon Case, M.D., F.A.C.O.G

Caitlin Claridge, MD

Maranda Hickey, APRN