

# How to manage Nausea and Vomiting of Pregnancy?



**Nausea & vomiting of pregnancy (NVP)** is a common condition and usually occurs in weeks 6–8 to weeks 16–20 of pregnancy.<sup>1</sup>



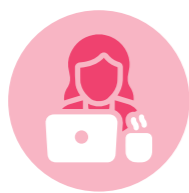
NVP is usually referred to as morning sickness but only 1.8% report morning symptoms vs **80% report all day nausea.**<sup>1</sup>



**50% of women have nausea and vomiting** in early pregnancy, **25% have nausea alone** against 25% of women who don't experience any of these symptoms.<sup>2</sup>



## Nausea and Vomiting negatively impacts quality of Life: <sup>2,3</sup>



Work performance



Anxiety, stress



Modifies dietary habits & **increase the risk of nutritional deficiencies**



Family life



Willingness to **become pregnant again**



Social life

### References

**1.** Nausea and vomiting of pregnancy and HG. Nat Rev Dis Primers 5, 63 (2019). **2.** Niebyl JR. Nausea and vomiting in pregnancy. New England Journal of Medicine. 2010 Oct 14;363(16):1544–50. **3.** Chou FH, Kuo SH, Wang RH. A longitudinal study of nausea and vomiting, fatigue and perceived stress in, and social support for, pregnant women through the three trimesters. The Kaohsiung journal of medical sciences. 2008 Jun 1;24(6):306–14.

# Advice to manage Nausea and Vomiting of Pregnancy



B<sup>6</sup>



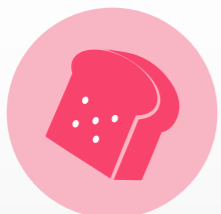
## Women should be advised to:<sup>1,2</sup>



Avoid **foods or smells** that trigger their symptoms



Eat foods or drinks that **containing ginger**



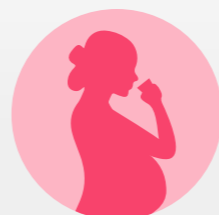
Eat something **before getting out of bed** (Ex. Dry toast)



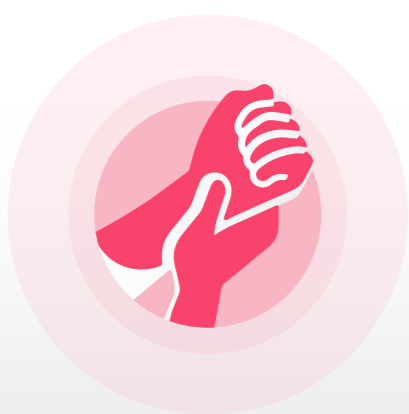
Take supplements or food **rich in Vitamin B6**



Eat **small frequent meals** that are high in carbohydrate & low in fat



Drink plenty of fluids in **small amounts** throughout the day



**Try acupressure:** A recent randomized, double-blind trial have shown **efficacy of Pericardium 6 (P6) acupressure** with a special wrist band on the management of NVP.

### References

**1.** Vomiting and morning sickness. Available from: <https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/vomiting-and-morning-sickness/> Accessed on: 2<sup>nd</sup> May 2022 **2.** Mobarakabadi SS, Shahbazzadegan S, Ozgoli G. The effect of P6 acupressure on nausea and vomiting of pregnancy: A randomized, single-blind, placebo-controlled trial. *Advances in Integrative Medicine*. 2020 May 1;7(2):67-72.

# Managing Nausea and Vomiting of Pregnancy with Vitamin B6 and Ginger

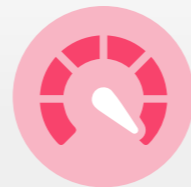


## Ginger

- **Mechanism on NVP relief:** Ginger's constituents improve the gastric tonus, motility and emptying **due to peripheral anticholinergic and antiserotonergic actions.**<sup>1</sup>
- Most of the available studies found that **ginger is effective in reducing the severity of NVP.**<sup>1</sup>



SOGC\* recommends daily dosage of **1000 mg ginger** divided into 4 doses.<sup>2</sup>



Maximum recommended daily ginger dosages are **1000 mg (SOGC)** and **1200 mg (SOMANZ\*\*).**<sup>2,3</sup>

## Vitamin B6



- **The decline in vitamin B6 (pyridoxine) levels** is one of the factors leading to nausea and vomiting during pregnancy.<sup>4</sup>
- Most of the available studies found that **vitamin B6 is effective in reducing the severity of NVP.**<sup>2</sup>



SOGC recommends daily **10 mg of vitamin B6,** 4 times per day<sup>2</sup>



Maximum recommended daily vitamin B6 dosage is **200 mg (SOMANZ)**<sup>3</sup>

Pregnant women suffering from NVP can increase their consumption of food rich in vitamin B6 like fish, beef liver and other organ meats, potatoes and other starchy vegetables, and fruits (other than citrus)

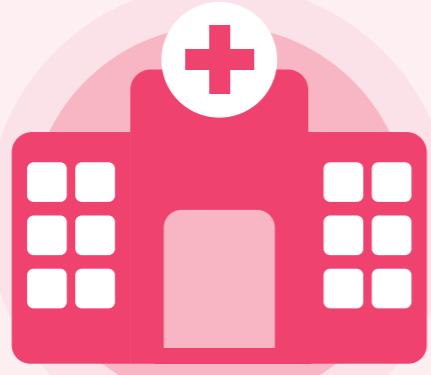
\*SOGC: Society of Obstetricians and Gynaecologists of Canada

\*\*SOMANZ: Society of Obstetric Medicine of Australia and New Zealand

### References

1. Stanisiere J, Mousset PY, Lafay S. How Safe Is Ginger Rhizome for Decreasing Nausea and Vomiting in Women during Early Pregnancy?. Foods. 2018;7(4):50. Published 2018 Apr 1.
2. Campbell K, Rowe H, Azzam H, Lane CA. The Management of Nausea and Vomiting of Pregnancy. J Obstet Gynaecol Can.2016;38(12):1127-1137.
3. Alowe S, Armstrong G, Beech A, et al. SOMANZ position paper on the management of nausea and vomiting in pregnancy and hyperemesis gravidarum. Aust N Z J Obstet Gynaecol. 2020;60(1):34-43.
4. Vitamin B6 – Fact Sheet for Health Professionals. Available from: <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional>.

# When to seek medical help?



NVP usually clears up by weeks 16 to 20 of your pregnancy & does not put the baby at any increased risk.<sup>1</sup>



In a small minority of patients (0.3 to 1.0%) the symptoms lead to a severe form of NVP called **hyperemesis gravidarum (HG)**. HG can cause **dehydration or nutritional deficiencies**.<sup>2</sup>

**Pregnant women should seek for a medical intervention if they are vomiting and:<sup>1</sup>**



Vomit **blood**



Have very **dark-coloured urine** or have not had a pee in more than 8 hours



Have **lost weight**



Are **unable to keep food or fluids down for 24 hours**



Have **abdominal pain**



Feel **severely weak, dizzy or faintz** when standing up



Have a **high temperature**

## References

**1.** Vomiting and morning sickness. Available from: <https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/vomiting-and-morning-sickness/> Accessed on: 2<sup>nd</sup> May 2022. **2.** Niebyl JR. Nausea and vomiting in pregnancy. New England Journal of Medicine. 2010 Oct 14;363(16):1544-50.