



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG



Many women have nausea or “morning sickness” during the first few months they are pregnant. It is caused by pregnancy related hormone changes in your body. Although it is most common in the morning, it can happen at any time.

YOU MAY WANT TO STAY AWAY FROM:

- Stale odors
- Strong cooking odors
- Tobacco Smoke
- Cleaning fluids or paints
- Perfumes or other smells
- Crowded places
- Places with no fresh air



HERE'S WHAT YOU CAN DO:

- **Get plenty of fresh air:**
 - Open windows and doors.
 - Take a walk outside.
- **Eat small meals every 2 or 3 hours**, at least 5 to 6 meals in a day.
- **Try these easy to make nutrient dense foods:**
 - Cook an egg with oatmeal, and then add in skim milk powder before eating.
 - Add pureed meat to thick rice porridge.

- Put peanut butter on bread or crackers.
- **Eat lightly seasoned foods.** Avoid foods cooked with pepper, chili, and garlic.
- **Drink fluids (including soups and milk) only in between meals.** Wait at least 1 hour before or after eating.
- **Avoid greasy or fried foods.**
- **Eat before getting up in the morning:**
 - Put crackers near your bed.
 - Take a few bites of food before slowly getting up.



If you want to try any herbal remedies, medications, or alternative therapies, discuss with your provider to ensure safety.

WHEN TO CALL YOUR HEALTH CARE PROVIDER:

- You feel dizzy, weak, or faint
- You have a headache that does not go away
- You vomit five or more times in 24 hours
- You cannot eat any food or hold down any fluid at all

Source:

- Comprehensive Perinatal Service

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.



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很多婦女在懷孕的初期會有噁心的感覺或晨吐。這些反應是由於懷孕期間身體荷爾蒙改變而引起的。雖然這些反應通常在早晨發生，但也可以發生在任何時間。

- 少用調味料烹調食物。避免胡椒，辣椒和大蒜。
- 只在每餐之間、飯前或飯後一小時才可以喝湯或其它流質食品，包括牛奶。
- 避免吃油膩和油炸的食物。
- 早上起床前，吃點小食才慢慢起來：
 - 在你的床頭放一些餅乾。
 - 在你起床前，吃一點食物。

你可以嘗試遠離：

- 發臭的味道
- 強烈的烹調味道
- 香煙
- 清潔劑或油漆
- 人多的地方
- 沒有新鮮空氣的地方



如果你想嘗試使用中草藥、其他藥物或另類療法來緩解你的症狀，請先諮詢你的婦產科醫生確保這些療法是安全的。

你可以嘗試以下方法：

- 呼吸新鮮的空氣：
 - 開門和窗。
 - 出去散步。
- 每隔二到三個小時吃一些簡餐，每天至少吃五到六餐。
- 嘗試一些簡單易做並且含豐富營養的食物：
 - 煮麥片的時候加一隻雞蛋，而在吃之前再加進脫脂奶粉。
 - 吃稀飯時加進熟的肉蓉。
 - 在麵包或餅乾上抹上花生醬。

如果你有以下的情況，請立刻聯係你的醫生：

- 你覺得頭暈、虛弱或暈倒
- 你有持續的頭痛
- 你在過去的二十四小時之內，嘔吐超過五次
- 你不能吃任何的食物或喝任何的液體

資料來源：

- Comprehensive Perinatal Service

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