**Information for Patients, Parents, and Caregivers: Heartburn, Nausea, and Vomiting of Pregnancy**

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**Overview**: Heartburn, nausea, and vomiting are very common symptoms during pregnancy. Symptoms of heartburn include burning in the chest and the sensation of food moving up from the stomach into the esophagus (reflux). Heartburn may occur more frequently as the fetus grows. Nausea and vomiting, traditionally called “morning sickness”, can last throughout the day and is most common during the first trimester. Very severe and prolonged nausea and vomiting during pregnancy is called hyperemesis gravidarum.

**Questions for your doctor**

*What are my treatment options?*

*How long before I begin to feel better?*

*Are there any long-term effects of treatment?*

**Managing heartburn during pregnancy**

* Small, more frequent meals
* Reduce high fat foods, carbonated beverages, and specific foods that trigger symptoms
* Avoid alcohol and nicotine
* Avoid eating late at night
* Avoid laying down for 3 hours after eating
* Raise the head of the bed to reduce night-time acid reflux
* Antacids containing calcium, magnesium, or aluminum can help with heartburn symptoms
* Some pregnant people may need additional medication to control heartburn symptoms, such as histamine-2 receptor antagonists or proton pump inhibitors
* **Talk with your doctor about any medication or supplement you take or plan to take**

**Managing nausea and vomiting during pregnancy**

* Small, more frequent meals
* Eat bland, high-protein and high-carbohydrate foods
* Increase fluid intake between meals
* Minimize triggers for nausea (if there are smells, tastes that trigger symptoms)
* Avoided crowded, warm areas
* Wear loose, comfortable clothing that doesn’t push on the stomach
* Get out of bed slowly
* Acupressure to the wrists may be helpful
* Ginger and vitamin B6 can help with symptoms
* Doxylamine and other medications for nausea can be prescribed by your physician
* **Talk with your doctor about any medication or supplement you take or plan to take**

**Warning signs and alarm symptoms – Call your Doctor**

* Nausea and vomiting that are causing dehydration – dry mouth, dizziness, weakness, lightheadedness, decreased urine output
* Unable to participate in normal activities due to symptoms
* Abdominal pain
* Symptoms that aren’t getting better with medication
* Other unexplained GI symptoms – bleeding, diarrhea, yellow skin or eyes, fever

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