

Common Questions: Nausea and Exercise

Nausea

- Eat small frequent meals
- Keep Saltines and flat ginger ale at bedside. Eat before you arise in the morning.
- Sea-bands and Preggie Pops are available over the counter at most pharmacies.
- Take Vitamin B6 – 50 mg – twice a day. It is available over the counter at pharmacies.

Exercise

- Exercise is encouraged. If starting a new activity, begin gradually. Avoid abdominal exercises once you start to “show”.
- Avoid activities where you may suddenly fall down and hurt yourself, such as hiking, horseback riding, etc.
- If you are unable to carry on a normal conversation during exercise, you may be overexerting yourself and should decrease or stop your activity.