

HOME MEDICATIONS & TREATMENT for SEVERE NAUSEA:

1. Discontinue all multivitamins/prenatal vitamins and other supplements that contain IRON
2. Continue with FOLIC ACID only
3. For five days:
 - 3.1. Take DICLECTIN 4x/day
 - 3.2. Take GRAVOL 50 orally or rectally, 30-45mins prior to Diclectin, up to 4x/day
 - 3.3. RANITIDINE [Zantac] 75mg 2x/day
 - 3.4. If constipated – take POLYETHYLENE GLYCOL 30mL powder once daily; alternative is MAGNESIUM
4. If nausea not controlled after five days:
 - 4.1. Increase Diclectin to 6/day
 - 4.2. Can go up to 8/day if necessary
5. If Diclectin not effective after four days at larger doses:
 - 5.1. Start also taking METACLOPRAMIDE [Maxeran] 5mg every 8 hrs
6. Once nausea better controlled, enough to keep food & water down:
 - 6.1. Increase fluid intake ... usually room temperature water or warm tea is best (digestive teas like mint are helpful)
 - 6.2. Take digestive enzymes 10mins before meals
 - 6.3. Increase protein intake; eat small regular amounts of food & avoid letting your stomach get empty
 - 6.4. Consider taking Vitamin B6 25mg 3x/day
 - 6.5. Consider taking GINGER ROOT powder, capsules or extract 250mg 4x/day
 - 6.6. Go for Acupuncture
 - 6.7. Go for a daily walk - to decrease CO2 buildup in the blood & help liver flush nausea hormones
- IF AT ANY POINT YOU CANNOT KEEP FOOD AND FLUID DOWN FOR MORE THAN 12-24HRS, PAGE YOUR MIDWIFE. You will likely need IV fluids and medications to recover.