

Morning sickness – facts and figures

85%

Up to 85 % of women experience nausea or vomiting at some point during pregnancy.¹

95%

In up to 95 % of affected women, the symptoms persist well beyond the morning hours.²



Symptoms can begin as early as 4 to 6 weeks after the last period.³⁻⁶

In 10 % of women, the symptoms persist throughout the entire pregnancy.^{5,6}



In general, nausea and vomiting during pregnancy last around 6 to 8 weeks.

Would you like to learn more?



We have provided lots more information for you on our website:

schwangerschaftsuebelkeit.com/en/

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¹ Madjunkova, S. et al, *Pediatr. Drugs* 2014, 16: 199-211; | ² Gadsby, R. et al, *Br J Gen Pract.* 1993 Jun;43(371):245-8. Erratum in: *Br J Gen Pract* 1993 Aug;43(373):325. | ³ Klebanoff, MA. et al., *Obstet Gynecol.* 1985, 66: 612-616; | ⁴ Flaxman, SM. Sherman, PW. *O Rev Biol.* 2000, 75:113-148; | ⁵ Vellacott, ID. et al, *Int J Gynaecol Obstet.* 1988, 27(): 57-62; | ⁶ Lacroix, R. et al., *Am J Obstet Gynecol.* 2000, 182: 931-937; | ⁷ ACOG Practice Bulletin, *Obstet Gynecol.* 2018, 131: 15-30; | ⁸ Miller, F., *Am J Obstet Gynecol.* 2002, 186:182-183; | ⁹ Mazzotta, P. et al., *J Psychosom Obstet Gynaecol.* 2001; 22: 7-12; | ¹⁰ O'Brien, E. et al., *Birth* 1992, 19(3): 138-43.

Nausea during pregnancy?

You are not alone.



Nutrition tips

Medication

Would you like to learn more?

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Morning sickness – the facts at a glance

Nausea during pregnancy is also known as morning sickness, but this term is misleading because the discomfort and nausea often last all day.

How long the symptoms last and how severe they are varies from woman to woman. They range from a queasy feeling in the stomach to severe nausea and frequent vomiting.

Talk to your gynecologist in good time to determine the severity of your nausea.

Early medical advice and appropriate treatment can help relieve symptoms and improve symptom control.

Determine your personal PUQE*-score:

*Pregnancy-Unique Quantification of Emesis and Nausea



What are the effects of morning sickness?

First, the good news: **mild morning sickness does not harm your baby.** However, severe vomiting can lead to nutritional deficiencies. In this case, you should talk to your gynecologist immediately.⁷

Nausea and vomiting during pregnancy can have a major impact on the everyday lives of affected women. An estimated **30 to 40 %** of pregnant women are unable or **only partially able to participate in family and social activities** due to their morning sickness.⁸⁻¹⁰

Even getting out of bed can be a challenge, and everyday tasks can become extremely difficult. For some pregnant women, it is almost impossible to concentrate on their work. The nausea makes it **difficult to think clearly**, and many women need to take **sick leave**.

What can I do about morning sickness?

In most cases, even small changes in diet and lifestyle can help alleviate morning sickness.



For many women, nausea disappears when their stomach is not completely empty. It is therefore best to **eat smaller meals several times a day.**



A **light snack before bedtime** can also alleviate morning sickness.



A **small snack** and a **glass of water** before you get out of bed in the **morning** can also be beneficial.



Eat a **diet rich in vitamins.** Avoid spicy, sugary, fatty, and hot foods. **Ginger** is also known as a home remedy for nausea.



Drink plenty of fluids: Frequent vomiting causes the body to lose a lot of fluid. Therefore, make sure you **drink enough.**



Avoid triggers such as unpleasant smells or heat.

