

孕期噁心嘔吐

Nausea and Vomiting During Pregnancy

Nausea and vomiting during early pregnancy, sometimes called morning sickness, can happen any time of the day.

Morning sickness often begins about the 6th week of pregnancy and gets better by the 13th week. It likely happens because hormone levels in your body change rapidly in early pregnancy. Stress, not eating for several hours or certain odors may trigger morning sickness.

You may worry about the health of your baby if morning sickness is a problem. If you are in good health before pregnancy, your growing baby will have enough nutrients for the first months of pregnancy.

What you can do

- Take more rest periods or naps.
- Keep something in your stomach.
 - Eat crackers, toast or dry cereal before getting out of bed in the morning.
 - Eat small meals every 2 to 3 hours to avoid an empty stomach.
- Eat more protein.
- Eat foods that are easy to digest. These include: dry foods, toast, bagels, saltine crackers, cereals, pasta and potatoes.
- Avoid greasy or highly seasoned foods that may cause your symptoms to get worse.
- Drink between meals, not at meals.

懷孕早期噁心嘔吐，有時也稱為晨孕反應，可能發生在一天當中任何時候。

晨孕反應通常出現在懷孕的第6週左右，到第13周會有好轉。這很可能是因為妊娠初期體內的激素水平快速變化。壓力、數小時未進食或某些氣味都可能引發晨孕反應。

如晨孕反應強烈，您可能會擔心寶寶的健康問題。如果您在妊娠前身體健康，那麼在妊娠的頭幾個月，正在成長的寶寶將獲得充足的營養。

可採取的行動

- 多休息或小憩。
- 吃點東西。
 - 早晨起床前先吃些餅乾、吐司麵包或乾穀類食品。
 - 每隔2~3小時吃一次小餐，避免空腹。
- 多攝入蛋白質。
- 攝入易消化食物。包括：乾糧、吐司、百吉餅、咸餅乾、穀物食品、麵食和馬鈴薯。
- 避免食用油膩或高度調味的食物，以免導致症狀加重。
- 每餐之間而不是用餐時喝水。

- Sip clear liquids if you are vomiting. When vomiting occurs, take sips of clear liquids only. Some examples of clear liquids are gelatin, clear soft drinks (7UP) sports drinks, tea and broth.
 - As the nausea passes, increase the amount of liquids to ½ cup every hour. Stay hydrated.
- Avoid food smells that make nausea worse.
- Talk to your provider about taking:
 - Antihistamines doxylamine or dimenhydrinate
 - Vitamin B6
- 嘔吐時啜幾口清液。嘔吐時，只能啜飲清液。如明膠、汽水（七喜）、運動飲料，茶或清湯。
 - 噁心過去後，將液體量增加到每小時 ½ 杯。保持身體水分。
- 避免食用使噁心加重的食物。
- 請諮詢醫生有關服用以下藥品：
 - 抗組織胺藥多西拉敏或苯海拉明
 - 維他命 B6

Follow-Up

Call your doctor, clinic or go to the emergency department if:

- You cannot keep liquids down for 24 hours.
- You have abdominal pain, fever, dizziness, severe weakness or feel faint.

These may be signs of a more serious problem.

Talk to your doctor or nurse if you have any questions or concerns.

随访

如有以下情況，請致電醫生、診所或前往急症室：

- 長達 24 小時無法攝入液體。
- 腹痛、發燒、頭昏、嚴重虛弱，或感到眩暈。

這些可能是更嚴重問題的體徵。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。