

Over-the-Counter Nausea Remedies

Use combination of Unisom (doxylamine succinate) 25mg and Vitamin B6 (pyridoxine) 25mg

Take one tablet of each at bedtime on an empty stomach.

If nausea persists, may add half tablet of each in the morning

and a half tablet of each in afternoon. Medication may make you feel drowsy.

Sea Bands

These are wristbands that use pressure points in your wrist to relieve nausea.

Preggie Pops

Fruit-flavored. Contains essential oils to help with nausea

Ginger

May be used in many different forms, including: tea, ginger ale/non-alcoholic beer, candies, raw

Dietary Modifications may also help. Diet should be bland, low fat, and low-fiber. You may need to eat smaller meals more frequently. Make sure to stay adequately hydrated. Dehydration can also cause you to feel nauseous. The following drinks are suggested to help with nausea and dehydration: Gatorade, Propel, Sprite, Ginger Ale.