

Here are some helpful suggestions to reduce dizziness in pregnancy:

Avoid standing for long periods. If you must stand, make sure that you keep your feet moving to help increase circulation

Get up slowly from either sitting or lying down (this is especially important when you are getting out of the bath)

Eat regularly. Avoid long periods between meals; it is better to snack throughout the day

Avoid hot baths or showers

Avoid lying on your back once you reach the middle of your second trimester

Wear loose, comfortable clothing to avoid restricting circulation

Here are some helpful suggestions to reduce nausea in pregnancy:

Make sure you are getting plenty of rest and sleep

Avoid sensory stimuli - strong odors, heat, humidity, noise, flickering lights

Carry around a bag of sliced up lemons for the scent to help combat strong odors

Frequent, small meals every 1-2 hours. Avoid a full stomach

Avoid spicy or fatty foods

Eat bland or dry foods

High protein snacks

Eat some crackers in the morning

May try some ginger capsules

Over the counter medication:

Vitamin B6 (pyridoxine) 25mg oral every 8 hours

Doxylamine 12.5mg every 8 hours

May take together at the same time. Brand name: Diclegis