

*How should nausea and vomiting be treated during pregnancy?*

- Most cases of nausea and vomiting in pregnancy resolve within 16-20 weeks with no harm to the pregnancy.
- Prescribing treatment in the first trimester is usually not indicated unless the symptoms are severe and debilitating.
- Non-pharmacological treatments should be tried first, such as changes in diet.
- No drug is specifically licensed for the treatment of nausea and vomiting in pregnancy though some antiemetics are considered compatible with pregnancy.
- First line recommended treatment is promethazine or cyclizine, both of which can cause sedation.
- Second line treatments are prochlorperazine and metoclopramide.