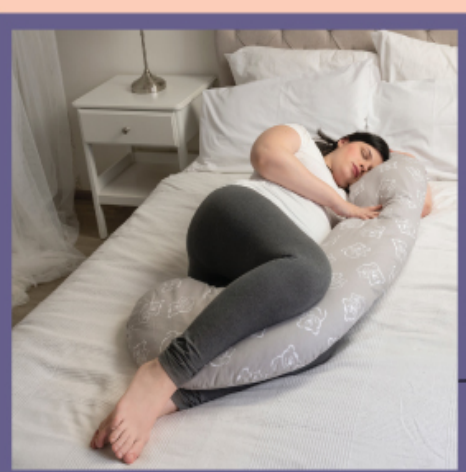


Effective Ways To Prevent Nausea During The Third Trimester



Get enough rest
and sleep

Have small, regular
meals throughout
the day



Drink plenty of
fluids and water

Stay in well-
ventilated and
bright places



Avoid caffeine,
spicy, and
greasy foods

Avoid lying down
right after eating



Avoid strong
fragrances
and smell