

Travel vaccinations

If you are travelling to countries that require specific vaccinations please speak to your practice nurse. Some vaccines that use live bacteria or viruses are not recommended during pregnancy because of concerns they could harm the baby in the womb. Inactivated vaccines are safe in pregnancy.

For more information visit:

- **NHS Choices**

www.nhs.uk/conditions/pregnancy-and-baby/travel-pregnant/

Common pregnancy complaints

Nausea and/or vomiting is very common, particularly in the first 12-16 weeks of pregnancy. Often known as 'morning sickness', this can be misleading, as it can occur at any time of day. It can help to have a snack before getting out of bed and eating small, regular meals throughout the day. There are plenty of other things you can try, (see the link below). Sometimes nausea and vomiting can be severe and debilitating, this is known as hyperemesis gravidarum, and may require treatment with antisickness medications and/or admission to hospital for treatment.

It is advised not to brush your teeth immediately after vomiting, but rather to **use a mouthwash** containing fluoride (0.05%) no more than once a day. If vomiting is occurring regularly in the day, rinsing immediately with water is advised. This will help prevent tooth wear caused by acidic products from the stomach entering the mouth.

For more information visit:

- **NHS Choices**

www.nhs.uk/conditions/pregnancy-and-baby/morning-sickness-nausea/