
Subject: Prenatal Vitamins Trouble

Posted by [Jamie](#) on Sun, 12 Jun 2011 14:45:35 GMT

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I've always taken my pills at night just because that is the routine which fits best for my day. Recently I've read that taking pills at night reduces nausea. However, the last couple of weeks have been difficult for me and downing the pills (I've only missed one day my entire pregnancy, and struggled to take it the next afternoon). I did not use to notice the "smell" of the pills, and I don't remember ever noticing a taste both are knocking me out. Even reaching for the unopened bottle is creating waves in my stomach...and the childish "hold your breath" when it's popped into my mouth, I can still "taste" it.

These pills are too expensive to go for experimental "will it make me sick" shopping. Because we keep kosher, a lot on the market is automatically eliminated - so it's difficult to find something useable in the stores.

Will this stage pass - or is it going to be this way for the remainder of the pregnancy, I wonder?

Subject: Re: Prenatal Vitamins Trouble

Posted by [Tamara E](#) on Mon, 13 Jun 2011 03:13:30 GMT

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I'm so sorry, Jamie! I am one of those who has to take vitamins at night even now...otherwise, they do make me queasy.

I didn't have a problem with my prenatal vitamins, but I always ate something right after taking them, like a graham cracker. Or you could eat a small square of dark chocolate to mask the taste. Whatever sounds good to you right now to get it down and keep it down! (Or a strong peppermint or spearmint life saver? We keep peppermint life savers in the car to prevent car sickness. It works well for my dd and me. :))

Pregnancy can do funny things to you, can't it? I turned totally against mint toothpaste during my last pregnancy. I had to switch to Crest cinnamon flavored. (Even now, there is a certain brand of mint toothpaste that brings back such memories I can't stand it. :lol:)

Just say to yourself: It will be worth it all! It will be worth it all! :)
