

Managing Stomach Bug During Pregnancy



Drink plenty of fluid, such as water, clear broth, and coconut water, to prevent dehydration



Avoid caffeinated drinks, alcohol, and sugary drinks, as they can worsen stomach flu symptoms



Get plenty of rest to allow your body to recover



Eat bland, semi-solid foods, including the BRAT diet (Bananas, Rice, Applesauce, Toast) and boiled salty potatoes



Ginger may help with nausea and digestion and can be consumed as a chew or in teas



Talk to your doctor about taking probiotics to help restore healthy bacteria in the gut