

"GINGER BOOKING TO COMPLETE MORNING SICKNESS"

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ESSENCE

Background: Morning sickness is one of the disorders experienced by almost all women when experiencing pregnancy, this does not happen in the morning only, but in the afternoon, evening and night, it is usually women who experience this this is the gestational age group in the first trimester. Ginger stew drink has been widely researched and has shown results that ginger decoction can reduce morning sickness without any side effects. Almost 50-90% of pregnant women experience it, thus increasing the risk of pregnancy disorders. So that a non-pharmacological action is needed, namely by consuming ginger in the form of a ginger healthy drink. **Method:** The method used is to make an output with video media to increase knowledge and as a solution for pregnant women with complaints of nausea and vomiting. **Results:** Outcome in the form of a video on how to make a healthy drink made from ginger to treat nausea and vomiting of pregnant women. **Conclusion:** Educational media has been created in the form of videos about healthy drinks made from ginger which are in fact very useful for overcoming nausea and vomiting in pregnant women.

Keywords: nausea and vomiting, ginger drink