

# **BOOKLET ON REDUCING NAUSEA, VOMITING IN PREGNANCY WITH LIME**

Yunia Triana Dewi<sup>1</sup>, Rita Riyanti Kusumadewi<sup>2</sup>

[yuniat98@gmail.com](mailto:yuniat98@gmail.com)

<sup>1</sup>Aisyiyah University, Surakarta

## **SUMMARY**

**Background:** Nausea, vomiting is a common problem in pregnant women in the first trimester. This is caused by increased levels of the hormones estrogen and HCG in the body. This occurs at 8-12 weeks of gestation and gradually improves until it stops at 16 weeks of gestation. Lime contains essential limonin, linalool and flavonoids which function to increase bile production so that it neutralizes digestive juices which can reduce nausea and vomiting, so it can be used as an alternative therapy before using medication. Nausea and vomiting in the first trimester of pregnancy can be reduced using lime.

**Objective:** To provide IEC with a way to reduce nausea and vomiting in first trimester pregnant women using lime and it is hoped that it can increase knowledge and serve as a guide for first trimester pregnant women in reducing nausea and vomiting. **Method:** Description of the booklet's output entitled "Booklet About Reducing Nausea and Vomiting in Pregnancy with Lime" was created using a Canva software application with a size of 3.5 x 8.5 inches.

**Results:** Booklet entitled "Booklet About Reducing Nausea and Vomiting in Pregnancy with Lime". **Conclusion:** The booklet created by the author is able to increase public knowledge, especially pregnant women in the first trimester, to reduce nausea and vomiting by using lime.

**Keywords:** lime, nausea, vomiting.