

GINGER AND HONEY TO REDUCE NAUSEA, VOMITING IN 1ST TRIMESTER PREGNANT WOMEN WITH POCKET BOOK MEDIA

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SUMMARY

Background: Pregnant women experience nausea and vomiting in primigravidas and multigravidas. Almost 50-90% of pregnant women experience nausea in the first trimester, whereas nausea and vomiting occurs in primigravidas around 60-80% and occurs in multigravidas around 40-60%. Health education using pocket book media is one of the efforts of pregnant women to provide education on how to reduce nausea and vomiting with ginger and honey. **Objective:** Communication, Information and Education aims to increase knowledge on how to reduce nausea and vomiting in First Trimester Pregnant women with ginger decoction. **Method:** Using the Canva application to modify the layout and output images in the form of a ginger and honey pocket book to provide information and education on how to reduce nausea and vomiting in first trimester pregnant women. **Results:** IEC media in the form of a ginger and honey pocket book to provide education on nausea information vomiting in pregnant women in the first trimester. **Conclusion:** Pocket book media has been created to educate the public, especially pregnant women and can be used as an alternative treatment for complaints of nausea and vomiting in first trimester pregnant women with ginger and honey drinks.

Keywords: *pregnancy, nausea, vomiting, ginger and honey*