

**EDUCATION TO OVERCOME MORNING SICKNESS IN 1ST TRIMESTER
PREGNANT WOMEN BY CONSUMING GINGER DRINK
AND LEMONGRASS THROUGH BOOKLET MEDIA**

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SUMMARY

Background : There are two ways to manage nausea and vomiting (Morning Sickness), namely pharmacological and non-pharmacological. Pharmacologically, that is giving supplements such as B6, antihistamines, phenothiazin, and Odansetron. Meanwhile, non-pharmacologically, such as maintaining your diet by eating little by little but often, avoiding foods that contain fat, oily, and strong spices, providing snacks such as biscuits to consume after getting out of bed, drinking lots of water, and consuming boiled ginger drinks. and lemongrass. Consuming ginger and lemongrass drinks is effective in reducing nausea, vomiting (Morning Sickness) as evidenced by a decrease in the number of respondents experiencing Moderate Morning Sickness from 11 to 1 respondent. This can be caused because the main components of ginger essential oil which cause the fragrant smell are zingiberene and zingiberol. **Method** : The IEC output method used is a booklet containing education on overcoming Morning Sickness in 1st trimester pregnant women by consuming ginger and lemongrass drinks. **Results** : The IEC media produced in the form of a booklet entitled "Overcoming Nausea and Vomiting of Pregnant Women TM 1 with Ginger and Lemongrass Drink" was well received by respondents and made it an educational medium that was easy to understand. **Conclusion** : The booklet entitled "Overcoming Nausea and Vomiting in Pregnant Women TM 1 with Ginger and Lemongrass Drinks" makes it easier for respondents to overcome their complaints of nausea and vomiting (Morning Sickness) and the ingredients suggested in the output are very easy to obtain so that respondents do not feel this is difficult to do try.

Keywords : Pregnant Women, Nausea, Vomiting, Ginger and Lemongrass Drink.