

***Lime Water Consumption As An Effort To Reduce Nausea And Vomiting In  
Pregnant Women In The First Trimester  
Using A Pocket Book Media***

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**SUMMARY**

**Background:** *Pregnancy is a physiological process that occurs in every pregnant woman starting from conception to the birth of the fetus, the normal duration of pregnancy is 280 days (40 weeks or 9 months 7 days) calculated from the first day of the last menstruation. With pregnancy, the woman's body system experiences fundamental changes to support the development and growth of the fetus in the womb during the pregnancy process. These changes cause discomfort that is often experienced by pregnant women such as complaints of nausea and vomiting or called emesis gravidarum which usually occurs in early pregnancy.* **Objective:** *By using this pocket book educational media, it can attract pregnant women in the first trimester to increase their knowledge about lime.* **Method:** *Utilizing the Canva platform to modify the layout and images on the output in the form of a pocket book "Lime Juice Consumption as an Effort to Reduce Nausea and Vomiting in Pregnant Women in the First Trimester" to provide education to pregnant women with nausea and vomiting according to the target readers.* **Results:** *A pocket book media is compiled with its completeness measuring 10.5 x 14.8 cm lilita one 12 and 36.5 for the title and body text, bree serif font size 8.5,24 pages, the type of font adjusts to the contents pt, adjusted to design needs, Overall, the pocket book gives a positive, interesting, and interactive impression, and can provide useful and educational information for pregnant women in the first trimester by consuming lime juice as an effort to reduce nausea and vomiting in pregnant women in the first trimester with natural ingredients that are easily obtained and at an economical price.* **Conclusion:** *Created pocket book media with the title "Consuming Lime Juice as an Effort to Reduce Nausea and Vomiting in Pregnant Women in the First Trimester" which is ready to be registered for HKI.*

**Keywords:** *Lime, Nausea vomiting*