

# GINGER DRINKING TO REDUCE EMESIS OF GRAVIDARUM IN TRIMESTER 1 PREGNANT WOMEN

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## SUMMARY

**Background:** Emesis gravidarum generally occurs in the first pregnancy at week four to week six. This condition can last for a while, but some people experience it for weeks, even up to the second trimester. Nausea and vomiting if not treated immediately will cause pregnant women to experience dehydration, weakness, weight loss and it will affect the fetus because the fetus does not get good nutrition. Pharmacological action that is often given to pregnant women is vitamin B6. However, this drug has side effects such as headaches, diarrhea, and drowsiness. So that non-pharmacological action is needed by consuming ginger in the form of ginger drink. The media used is a poster. **Purpose:** for reading material and increasing students' knowledge about giving ginger drink to mothers in the first trimester with emesis gravidarum. **Method:** The resulting method is in the form of a poster which is promoted at the Community Health Service Center. **Conclusion:** Educational media in the form of posters of Ginger Drink to Reduce Emesis Gravidarum in First Trimester Pregnant Women have been created.

**Keywords :** *Ginger, Emesis Gravidarum*