

GUIDELINES FOR USING PEPPERMINT ESSENTIAL OIL IN HYPEREMESIS GRAVIDARUM USING POCKET BOOK MEDIA

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ESSENCE

Background ; Nausea and vomiting are common complaints that are conveyed in early pregnancy. The occurrence of pregnancy causes hormonal changes in women due to an increase in the hormones estrogen, progesterone and the release of placental human chorionic gonadotropine. Non-pharmacological management of nausea and vomiting during pregnancy can use aromatherapy. Aromatherapy that can be used comes from the citrus type, namely peppermint because it contains an antispasmodic carimative effect which acts on the small intestine in the digestive tract. **Aim** ; This pocket book media can provide information to readers or the public on how using peppermint essential oil can reduce the intensity of nausea and vomiting in pregnant women. **Benefits** ; Increase knowledge and can help the community, especially in the first trimester of pregnant women who experience nausea and vomiting by utilizing peppermint essential oil aromatherapy. **Output Description** ; This pocket book was made using Microsoft Word 2007 with a size of 10cm x 13cm and the dominant color is green. **Conclusion** ; Aromatherapy of peppermint essential oil can reduce the intensity of nausea and vomiting in first trimester pregnant women.

Keywords ; Nausea Vomiting, Peppermint Essential Oil

