

**BENEFITS OF BAKED GINGER WATER TO OVERCOME EMESIS
GRAVIDARUM IN PREGNANT WOMEN IN THE 1ST TRIMESTER WITH
BOOKLET MEDIA**

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SUMMARY

Background: *Pregnancy is a natural process that occurs in women as part of the reproductive cycle of Human Chorionic Gonadotropin (HCG) in the serum of the placenta. Nausea and vomiting or Emesis gravidarum which usually occurs in early pregnancy is caused by an increase in estrogen and progesterone hormone levels which are usually treated with pharmacological therapy, namely the administration of production therapy (vitamin B6). Nausea and vomiting can also be treated non-pharmacologically or with complementary therapy, including with herbal or traditional plants that can be done and are easy to get, one of which is boiled ginger water.* **Purpose:** *The preparation of the booklet media aims to be a communication medium, educational information, about the benefits of boiled ginger water to reduce nausea and vomiting in pregnant women in the first trimester, as a promotional medium for pregnant women and carrying out the role of midwives in health workers.* **Method:** *The creation of the booklet media uses the Canva application, the printed booklet has gone through a revision process, input from the supervisor and three respondents, and improvements from the* **Results:** *The media is in the form of a booklet measuring 14,8 x 21 cm, there are 20 pages, the contents of the booklet contain the title of the booklet, table of contents, foreword, the contents of the booklet contain the material to be discussed, closing, and references used. The output of IEC media in the form of a booklet entitled "Benefits of Boiled Ginger Water to Overcome Emesis Gravidarum in Pregnant Women in the First Trimester.* **Conclusion:** *A booklet media has been realized to educate pregnant women, the community, especially pregnant women and can be used as an alternative to education on emesis gravidarum in pregnant women in the first trimester*

Keywords: *Pregnancy, Nausea, Vomiting, Ginger*