**Nausea and Vomiting**

Systematic Reviews

**Interventions for nausea and vomiting in early pregnancy.**
Matthews A, Haas DM, O'Mathúna DP, Dowswell T. Interventions for nausea and vomiting in early pregnancy. Cochrane Database of Systematic Reviews 2015, Issue 9. Art. No.: CD007575. DOI: 10.1002/14651858.CD007575.pub4
**Conclusion:** Given the high prevalence of nausea and vomiting in early pregnancy, women and health professionals need clear guidance about effective and safe interventions, based on systematically reviewed evidence. There is a lack of high-quality evidence to support any particular intervention. This is not the same as saying that the interventions studied are ineffective, but that there is insufficient strong evidence for any one intervention. The difficulties in interpreting and pooling the results of the studies included in this review highlight the need for specific, consistent and clearly justified outcomes and approaches to measurement in research studies.

**Reducing nausea and vomiting in women having a caesarean birth with regional anaesthesia.**
Griffiths JD, Gyte GML, Popham PA, Williams K, Paranjothy S, Broughton HK, Brown HC, Thomas J. Interventions for preventing nausea and vomiting in women undergoing regional anaesthesia for caesarean section. Cochrane Database of Systematic Reviews 2021, Issue 5. Art. No.: CD007579. DOI: 10.1002/14651858.CD007579.pub3.
**Conclusion**: This review indicates that 5-HT3 antagonists, dopamine antagonists, corticosteroids, sedatives and acupressure probably or possibly have efficacy in reducing nausea and vomiting in women undergoing regional anaesthesia for caesarean section. However the certainty of evidence varied widely and was generally low. Future research is needed to assess side effects of treatment, women's views and to compare the efficacy of combinations of different medications.