

March 30, 2015 – Toronto

“How to Survive Morning Sickness Successfully” by Motherisk

[The Best Start Resource Centre](#) (BSRC), a program of [Health Nexus](#), worked with the Hospital for Sick Children’s [Motherisk](#) program on a booklet about morning sickness for women, released in 2013. The Best Start Resource Centre provided assistance with the editing and design of this resource. Content expertise, development and content related approvals were managed by Motherisk.

“How to Survive Morning Sickness Successfully” is designed for those who are planning a pregnancy and women who are currently pregnant. The booklet also includes information for partners, friends and family. The Canadian edition is available in English & French, online in pdf, and in print. A smart phone application was also developed in English & French (Canadian edition) for those wishing to access the booklet on their mobile devices.

Some facts about morning sickness

- Morning sickness is common, affecting approximately 85% of pregnant women, and can be serious
- Morning sickness can often be managed by modest food and lifestyle changes
- If morning sickness is serious, support from a health care provider and medication(s) are often needed

A note about Diclectin

Diclectin is the only approved medication for morning sickness in Canada and is specifically mentioned in the booklet. Other medications that may be used alongside Diclectin are also cited. The booklet did not disclose Duchesnay’s (the manufacturer of Diclectin) ongoing support of Motherisk. Health Nexus is supportive of Motherisk’s efforts to address this oversight, and electronic and print versions of *“How to Survive Morning Sickness Successfully”* will be temporarily unavailable.

Motherisk

For decades, Motherisk has offered nationally significant services such as an alcohol helpline, a morning sickness helpline, and outreach to thousands of pregnant women and health care providers across the country.

About Health Nexus

Health Nexus is a leader in health promotion, a bilingual organization that supports individuals, organizations and communities to strengthen their capacity to promote health. Their broad approach to health includes health equity, chronic disease prevention and early child development. Over the last 30 years, they have been supporting health services workers and health promotion organizations to develop and implement strategies to improve the health of their communities. Their services include consultations, training events and a large collection of resources.

About the Best Start Resource Centre

The [Best Start Resource Centre](#) is Ontario's Maternal Newborn and Early Child Development Resource Centre. The Best Start Resource Centre supports service providers across Ontario working to implement preconception, prenatal and child health promotion programs and initiatives. In addition to their large collection of resources on 18 topics, some of them available in multiple languages, Best Start provides training, consultation, networking and referrals. The Resource Centre also develops and leads social awareness campaigns to enhance the health of expectant and new parents, newborns and young children.

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