

## A randomized crossover trial on the effect of compression stockings on nausea and vomiting in early pregnancy

### BACKGROUND

50-80% of all women experience nausea and vomiting in early pregnancy (NVP). NVP has a detrimental impact on women's quality of life (QoL), especially their ability to work.

Despite the fact that a number of therapeutic interventions exist to alleviate symptoms – ranging from pharmaceutical products to natural therapies – women remain reluctant to take medications during pregnancy, and a safe, effective and acceptable treatment for NVP is still to be found.

### STUDY DESIGN

The aim of this study was to evaluate the effect of medical compression stockings (MCS) on symptoms of nausea, vomiting and dizziness between 8 and 16 weeks of pregnancy, and their impact on QoL factors.

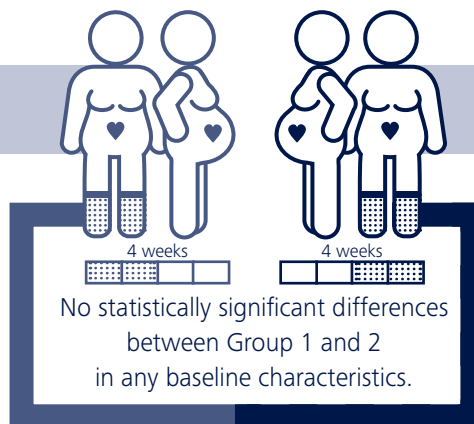
### PARTICIPANTS

Pregnant women >18 years and with mild to moderate NVP were eligible to participate. A total of 74 women were enrolled in the study. 58 women completed the study and were included in the analysis set.

### PATIENT RANDOMIZATION

**GROUP 1: «MCS first» =**  
2 weeks with // 2 weeks without

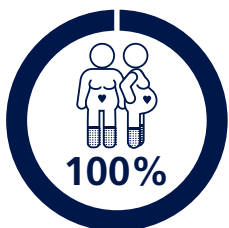
- Eligible: n=33
- Dropout: n=4  
(3 miscarriages, 1 questionnaire incomplete)
- Final evaluation: n=29



**GROUP 2: «MCS second» =**  
2 weeks without // 2 weeks with

- Eligible: n=41
- Dropout: n=12  
(3 miscarriages; 9 did not return for controls)
- Final evaluation: n=29

**RESULTS:** Endpoint = change in the Nausea and Vomiting in Pregnancy Quality of Life (NVPQOL) score

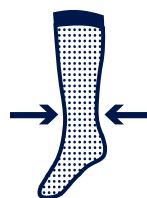


Compliance rate



Would recommend wearing MCS during pregnancy

With MCS



Significantly less nausea and vomiting



Fewer physical & physiological limitations; Less leg pain & dizziness



### CONCLUSION

Wearing compression stockings in early pregnancy improves not only nausea and vomiting-associated symptoms, but also QoL factors such as dizziness, leg pain and physical/physiological limitations.

### AUTHORS' SUGGESTION

Compression stockings could be a non-pharmaceutical instrument to alleviate nausea and vomiting symptoms during early pregnancy.

## Suffering from morning sickness?

Compression stockings could be a non-pharmaceutical treatment to alleviate nausea and vomiting during early pregnancy.

