

Alternate Nostril Breathing (ANB) for 1st Trimester Nausea and Vomiting

NCT07378839

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Minnesota
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (4)

- Pregnant individuals aged 18 years or older
- Viable pregnancy with a gestational age between 6 0/7 - 12 6/7 weeks of gestation, confirmed by last menstrual period or ultrasound
- Diagnosed with mild to moderate NVP (PUQE-24 score between 4-12)
- Ability to understand and read English

Exclusion (5)

- Severe nausea and vomiting, defined as a PUQE score ≥ 12 , or diagnosis of hyperemesis gravidarum requiring hospitalization or intravenous fluid therapy
- Pre-existing, active or acute respiratory conditions (e.g., asthma, COPD)
- History of severe anxiety disorders affecting breathing patterns
- Known deviated nasal septum
- Nausea and vomiting that pre-dates the pregnancy or is suspected to be due to a etiology other than pregnancy

Locations (1 total)

University of Minnesota, Minneapolis, Minnesota, United States