

# Nausea and vomiting in pregnancy and Hyperemesis Gravidarum



*Obstetrics & Gynaecology*

patient**information**



The Rotherham  
NHS Foundation Trust

## Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: [your.experience@nhs.net](mailto:your.experience@nhs.net)

Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

کوردی سۆرانی  
نەگەر تۆ یان کەسێک کە تۆ دەناسی پێویستی بەیارمەتی هەبێت یۆ نەو دی لەم بەلگەنامە بە تێبگات یان بیخوێنیتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ناو ژمارەیهی سەروددا یان بەو نیمەبەلگە.

Arabic

عربی  
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی  
اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers\*

### \*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

### **What is nausea & vomiting in pregnancy (NVP)?**

It is the symptoms of feeling sick and/or being sick during early pregnancy. It affects 8 in 10 pregnant women during the first three months of pregnancy, most commonly between week 4 and 7. It usually settles between week 12 to 14 but can last longer and can occur at any time of day.

### **What is hyperemesis gravidarum?**

Hyperemesis gravidarum is severe, excessive and prolonged nausea and vomiting in pregnancy which can lead to dehydration and weight loss and other serious health complications. It affects 3 in 100 pregnant women and in severe cases can last up to 20 weeks.

If the nausea and vomiting becomes so severe that it leads to dehydration you may need treatment in hospital.

#### **Signs of dehydration include:**

- feeling very 'dry' or very thirsty
- feeling tired
- your urine (wee) becoming very dark yellow or brown in colour
- passing very minimal amounts of urine.

### What is the cause?

It is not known exactly what causes it, but it could be from hormones produced in pregnancy. It is not clear why some women have a worse experience of this than others.

### It is common in women who:

- have had it before
- are pregnant with twins or triplets
- have a molar pregnancy (a very rare condition which affects less than 1 in 10,000 people) This condition causes an overgrowth of abnormal placental cells so baby does not form correctly. If you have already had an ultrasound this may have already been ruled out.

### Will it harm my baby?

It can make you feel very unwell but there is no evidence that nausea and vomiting has a harmful effect on your baby. There is a slightly increased risk of your baby being born smaller (low birth weight) if you lose weight during pregnancy.

### How might it feel?

Nausea and vomiting in pregnancy can be a difficult problem to cope with. It can affect your mood, your work, your home life and your ability to carry out usual daily activities.

Support from family and friends can help. The symptoms can be so severe that it can affect your mental health and you may need extra support such as counselling. If you feel you need extra support please speak to a member of your health care team.

### **When should I seek help?**

**Seek medical help if you have any of the following:**

- Finding it difficult to eat and/or drink
- Persistently vomiting after eating or drinking
- Dark yellow or brown urine

You should contact your GP or midwife in the first instance.

**You should seek medical help urgently if you develop any of the following:**

- Unable to keep food or fluids down for 24 hours
- Weight loss
- Dizziness and/or fainting
- Not passing urine

**With these symptoms it is important to seek help early to avoid damage to your organs.**

## What are my treatment options?

We try to treat women with vomiting in pregnancy as out-patients at home, as most women respond well and recovery is often better in your own home environment.

### This can include:

- **Antisickness medicines:**

This will be in the form of tablets.

- **Acupin® therapy:**

A form of acupuncture which works by inserting a small pin, which looks like a tiny, almost invisible plaster, into a patient's wrist and is changed every 3 days. A member of the team will show you how to change this. It is a simple procedure but can be very effective.

If you do not get better with treatment at home, we would recommend you are treated in hospital. You will be seen by a nurse and a doctor who will ask you some questions and do the following:

- Record your weight
- Test your urine
- Perform blood tests
- Arrange an ultrasound scan for you (if not completed or arranged already)

The results of all these tests will help your health care team to decide the best treatment option for you.

If you need treatment in hospital this will be as a day case (hyperemesis ambulatory care). Your stay will only be approximately 4-6 hours. You will be offered fluids through a drip in your arm over a short period of time. This is called rapid rehydration. You will also be given anti-sickness medication. You may feel much better after this and can then go home with anti-sickness medications. You can return if you start to feel poorly again.

If you have very severe symptoms such as excessive weight loss, muscle wasting, dehydration, dizziness and palpitations, abnormal test results, or if outpatient treatment did not work for you, admission to hospital will be necessary.

### **You will be offered or given;**

- the fluids you need through a drip in your arm. This will be continued until you are able to drink fluids without vomiting.
- anti-sickness medication.
- blood thinning injections and blood clot prevention stockings to reduce the risk of developing clots in either your legs or lungs.

### What can I do to help myself?

- Keep a diary of triggers and nausea free intervals; avoid things such as strong smells that may trigger symptoms
- Eat when you are hungry; small and frequent meals. Carbohydrates such as rice, pasta, dry toast, biscuits are usually better tolerated than spicy or greasy foods
- Keep fluid intake up to prevent dehydration; small frequent quantities. Use ice cubes, frozen fluids or ice lollies
- Some women find eating or drinking ginger products helps with nausea
- Accept help and support from family and friends
- It is important to continue to interact socially
- Rest when possible
- Avoid strong smells that trigger symptoms
- Wear comfortable clothing; avoid tight waistbands





## How to contact us

### Early Pregnancy Assessment Unit (EPAU)

Telephone 01709 427072

### Ward B11 (Gynaecology)

Telephone 01709 424349

### Rotherham Hospital Switchboard

Telephone 01709 820000

## Useful contact numbers

**If it's not an emergency,  
please consider using a  
Pharmacy or call NHS 111  
before going to A&E.**

### NHS 111 Service

Telephone 111

### Stop Smoking Service

Telephone 01709 422444

### A&E (UECC)

Telephone 01709 424455

**For GP out of hours,  
contact your surgery**

## Useful websites

**NHS** <https://www.nhs.uk/conditions/pregnancy-and-baby/severe-vomiting-in-pregnancy-hyperemesis-gravidarum/>

### Pregnancy Sickness Support

[www.pregnancysicknesssupport.org.uk](http://www.pregnancysicknesssupport.org.uk)

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.patient.co.uk](http://www.patient.co.uk)

## Easyread websites

[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

[www.friendlyresources.org.uk](http://www.friendlyresources.org.uk)

[www.easy-read-online.co.uk](http://www.easy-read-online.co.uk)

## We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

### Patient Experience Team

D Level

Rotherham Hospital

Moorgate Road

Rotherham

S60 2UD

Telephone: 01709 424461

Monday to Friday

9.00am until 4.00pm

Email: [your.experience@nhs.net](mailto:your.experience@nhs.net)

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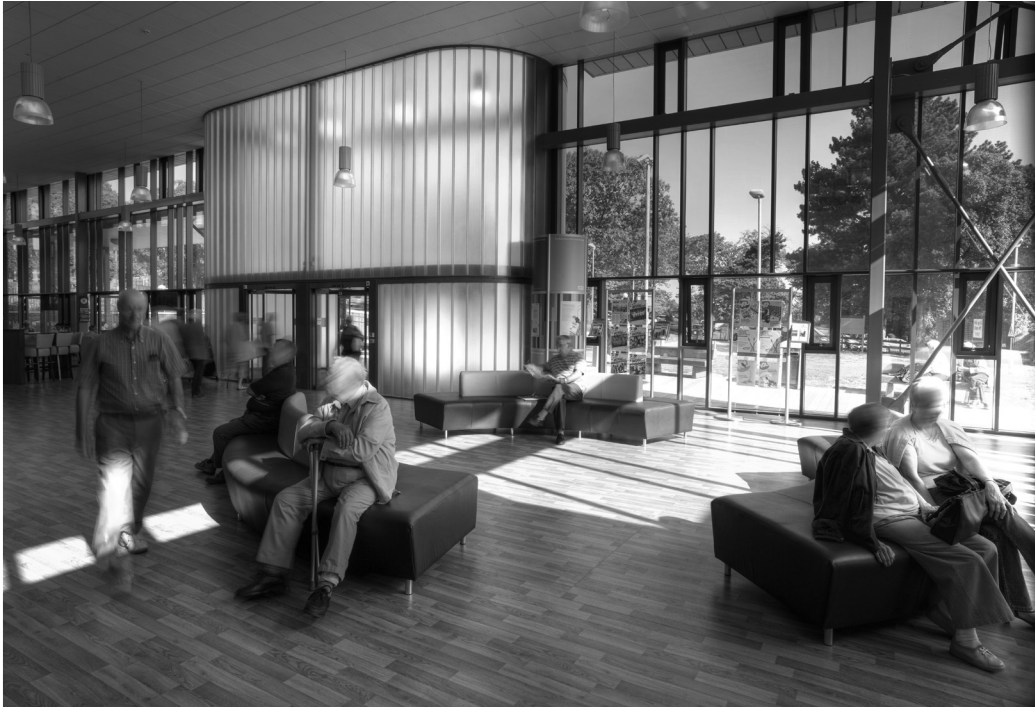
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