Do you want to know?

Hyperemesis Gravidarum

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sheet 1/1

What is it?

Hyperemesis gravidarum is excessive vomiting during pregnancy that results in maternal dehydration (decreased fluids in your body) and nutritional deficiencies. It usually begins during the first trimester of pregnancy and leads to inability to tolerate any oral intake of food and fluids.

What do you need to know?

Drugs

Take medications (antiemetics (medication for nausea), iron, vitamins …) as prescribed by your physician.

Diet

- Eat small frequent meals throughout the day.
- Avoid greasy, highly seasoned food and beverages containing caffeine.
- Eat dry crackers or toast before arising from bed to prevent nausea that occurs in the early morning.
- Eat high protein snacks (e.g. milk and derivatives) to maintain a steady blood sugar.
- Drink fluids between meals.

Activity

- Arise slowly from bed and avoid sudden position changes to prevent vomiting.

Therapeutic Measures

- Avoid any odor that bothers you (it could be food, perfume, clothes…)
- Perform oral hygiene frequently to prevent dryness and irritation of the oral mucosa.

Considerations

You should contact your physician if you have any of the following:

- Vomiting more than twice per day.
- Signs of dehydration:
  - Weakness
  - Decreased amount of urine (as compared to your normal pattern)
  - Highly concentrated (dark) urine (as compared to your normal pattern)

Any pregnant woman should report to her doctor the following symptoms:

- Severe or persistent headache
- Blurred or double vision
- Epigastric (stomach) pain
- Abdominal pain
- Temperature more than 37.8^{0}C
- Burning upon urination or decreased urination
- Flank (lateral lowback) pain
- Decrease in fetal movements
- Swelling of hands, face, legs and feet

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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