



Hyperemesis
Ireland

Preparing for Hyperemesis Gravidarum Worksheet

Disclaimer: None of the information provided on our website or in this form is meant to suggest any medical course of action. Instead the information is intended to inform and to raise awareness so that these issues can be discussed by / with qualified Healthcare Professionals with their patients. The responsibility for any medical treatment rests with the prescriber. The intention of this worksheet is to help you think about your previous experience and how you can best prepare for another pregnancy.

Part 1: Previous Experience

On a scale of 1 to 10 can you rate your experience

Was your GP supportive and sympathetic? yes/no

If 'no', is changing GPs an option? yes/no

If 'yes', contact support@hyperemesis.ie to see if we have details of GPs in your area

Did you see a consultant and was he/she helpful? yes/no

If 'yes', can you ask for a pre-pregnancy consultation? yes/no

Was your midwife helpful and supportive? yes/no

If 'no', are there other midwives you could see? yes/no

Were your family and friends helpful and supportive? yes/no

If 'no', you might want to consider talking to them in advance about how they can help next time.

Was your employer supportive? yes/no

Are your terms and conditions the same as before? yes/no

If 'no', we suggest you check your company's sick leave policy and note down contact details for your HR department (if applicable) in advance.

Part 2: Your Current Health

Are you fit and healthy? _____

Height _____

Weight _____

BMI (google can help you calculate this) _____

Do you need to lose or gain any weight before trying to conceive? _____

How do you plan to do this?

Part 3: Medications

In your last pregnancy which medications helped and which didn't?

	I felt it helped	I did not feel it helped	Didn't try
Cariban			
Prochlorperazine (Stemetil or Buccastem)			
Promethazine (Phenergan)			
Metoclopramide			
Ondansetron (Zofran)			
Steroids			
Other			
Other			
Other			

Other things I tried

	I felt it helped	I did not feel it helped	Didn't try
Accupressure bands			
Hypnotherapy			
Accupuncture			
Ginger capsules			
Other			
Other			
Other			

Notes on pre-emptive treatment:

Diclectin, used as a pre-emptive treatment has been found to lessen severity and shortens length of sickness: KOREN, G. & MALTEPE, C. (2004) Pre-emptive therapy for severe nausea and vomiting of pregnancy and hyperemesis gravidarum. J Obstet Gynaecol, 24, 530-3.

In Ireland Dicletin is available with a different brand name, Cariban. Starting treatment early is found to be most effective. Effectively treating symptoms early in pregnancy can make a woman less sick and decrease the time it takes to recover. Delaying treatment until you have been vomiting for several weeks makes it harder to gain control over the vomiting cycle.

Maltepe, C. and Koren, G. (2013). "Preemptive Treatment of 3 Nausea and Vomiting of Pregnancy: Results of a Randomized Controlled Trial." Obstetrics and Gynecology International Volume 2013, Article ID 809787, 8 pages <http://dx.doi.org/10.1155/2013/809787>