



Pregnancy
Sickness
Support

Preparing for an HG pregnancy Personal Worksheet

Disclaimer:

None of the information provided on this website 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 work sheet is to help you prepare for a pregnancy and think through your previous experience to help make a plan in advance of this one.

Think about your care providers:

Was your GP supportive and sympathetic? Yes No

If No is changing GP an option? Yes No

Did you see a consultant and was he/she helpful? Yes No

(If your consultant previously was good then you can ask to be referred for a pre-pregnancy consultation)

Was your midwife helpful and supportive? Yes No

If No is there the option of other midwives in the area? Yes No

(There is helpful information for midwives on our website in the Healthcare Professionals Hub)

Were your family and friends helpful and supportive? Yes No

Have you got plans for childcare in place if required? Yes No

Your current state of health:

Are you fit and healthy? Height ____

Weight _____

Use google to work out your BMI _____

It can be helpful to have a record of your weight prior to another pregnancy so you can monitor any weight loss that may occur if you become unwell again.

In your last pregnancy what medications helped and what didn't:

Last pregnancy I tried: Buccastem, Pyridoxine (vitamin B6), Promethazine, Cyclizine, Xonvea, Stemetil/Prochlorperazine, Metoclopramide, Omeprazole, Domperidone, Ondansetron (alongside lactulose), Steroids, other (delete/add as appropriate)

Other things I tried:

What worked.....

What did not work.....

Side effects I experienced.....

I do not want to try again.

The most helpful medications were

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Medications I did not try last time but would like to discuss with the doctor this time are

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Were you able to keep oral medications down? Yes No

Were you offered dissolvable medications or suppositories? Yes No

Hospital admission:

If you were admitted to hospital during your last pregnancy how did you find it?

(i.e a relief to be in hospital and receiving fluid and medication IV or distressing and stressful and/or difficult to find a route in to hospital/access treatment?)

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If you found it stressful and distressing then can you pin point why? i.e. admission via A&E, unsympathetic staff, disturbed sleep, busy ward, smells, sensory stimulation, separation from husband/children etc, side effects from treatments, needle phobia

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If you had the option of IV as a day patient did you prefer that? Yes No

Do you know about other services in your local area, such as Hospital at Home, Acute Care at Home as an alternative to hospital admission?

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Preparing for your next pregnancy:

Do you hope to try pre-emptive medication? Yes No

The 2024 RCOG guidelines on page 13 states ‘Women who have experienced severe NVP in a previous pregnancy may benefit from initiating dietary and lifestyle changes, such as arranging childcare to facilitate rest and adjusting to a “little and often” diet, and commencing antiemetics before or immediately at the start of symptoms in a subsequent pregnancy.

Other medications I wish to be considered: Buccastem, Pyridoxine (vitamin B6), Promethazine, Xonvea, Cyclizine, Stemetil/Prochlorperazine, Metoclopramide, Omeprazole, Domperidone, Ondansetron (alongside lactulose), Steroids, other (delete/add as appropriate)

Hospital admission:

- Do you want to request day patient treatment if it is available? Bear in mind there are pros and cons, such as extra travelling and extra needles for new IV sites!
- If you went through A&E last time can you avoid that this time?
- Do you have a preferred hospital to go to?

Any other things for you to consider such as child care, managing house work, cooking and shopping, employment (information about rights on our website) and any other factors which need to be planned for in this pregnancy?

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