

# Preparing for a HG pregnancy

## PERSONAL WORKSHEET

www.pregnancysicknesssupport.org.uk  
office@pregnancysicknesssupport.org.uk  
0800 055 4361



The intention of this worksheet is to help you reflect on your previous experience in order to help prepare for a future pregnancy.

### Your symptoms:

At what stage did your symptoms begin?

What were the symptoms you experienced?

At what stage did you first seek help (if at all)?

Was there a point at which your symptoms started to ease?

Did your mental health suffer during this time?

### Think about your care providers:

Was your GP supportive? *(If not, is changing GP an option?)*

Did you see a consultant and were they helpful? *(If your consultant previously was good then you can ask to be referred for a pre-pregnancy consultation).*

Was your midwife helpful and supportive? *(If not, is there an option to request a different midwife this time?)*

Please note, there is helpful information for health care professionals on our website in the Professionals Hub [www.pregnancysicknesssupport.org.uk](http://www.pregnancysicknesssupport.org.uk)

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Were your family and friends helpful and supportive?

Have you got plans for childcare in place if required?

### Things that helped last time:

Last pregnancy I tried? *(Tick the boxes that apply to you?)*

- |                                                    |                                                              |                                   |
|----------------------------------------------------|--------------------------------------------------------------|-----------------------------------|
| <input type="checkbox"/> Buccastem                 | <input type="checkbox"/> Metoclopramide                      | <input type="checkbox"/> Steroids |
| <input type="checkbox"/> Pyridoxine (vitamin B6)   | <input type="checkbox"/> Omeprazole                          |                                   |
| <input type="checkbox"/> Promethazine              | <input type="checkbox"/> Domperidone                         |                                   |
| <input type="checkbox"/> Cyclizine                 | <input type="checkbox"/> Ondansetron (alongside a laxative?) |                                   |
| <input type="checkbox"/> Stemetil/Prochlorperazine | <input type="checkbox"/> Xonvea                              |                                   |

*It can be helpful to break down what medications you tried at which point and whether you combined certain medications, if they worked for a period of time or not at all.*

What worked?

What did not work?

Medications I combined

Side effects I experienced

I do not want to try

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The most helpful medications were:

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

Were you able to keep oral medications down?

Were you offered medication in any alternative form? (e.g. dissolvable/suppositories/injections)

### Hospital admission:

Were you admitted to hospital during your last pregnancy? (If so, how many times approximately?)

Did you see a consultant and were they helpful? (If your consultant previously was good then you can ask to be referred for a pre-pregnancy consultation).

Was your midwife helpful and supportive? (If not, is there an option to request a different midwife this time?)

Which hospital were you treated at?

Are there any other hospitals local to you that you could be treated at going forward? (For example, if you received poor care is there an option to go elsewhere next time?)

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**How were you assessed for admission to hospital?**

*(For example a urine test, a description of your clinical symptoms etc)*

**Were you required to go to A&E prior to being admitted?**

**Were you able to keep oral medications down?**

**Were you offered medication in any alternative form? (e.g. dissolvable/suppositories/injections)**

**Were you given open access to return directly for fluids if needed?**

**In general, how did you find the experience of being in a hospital?**

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

**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 etc)*

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Were you given the option to go in for IV fluids as a day patient?

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?

### Preparing for your next pregnancy:

Do you hope to try pre-emptive medication?

*The 2024 RCOG guidelines on page 13 states 'Women who have experienced severe NVP in 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.'*

Medications I wish to be considered:

- |                                                    |                                                              |                                   |
|----------------------------------------------------|--------------------------------------------------------------|-----------------------------------|
| <input type="checkbox"/> Buccastem                 | <input type="checkbox"/> Metoclopramide                      | <input type="checkbox"/> Steroids |
| <input type="checkbox"/> Pyridoxine (vitamin B6),  | <input type="checkbox"/> Omeprazole                          |                                   |
| <input type="checkbox"/> Promethazine              | <input type="checkbox"/> Domperidone                         |                                   |
| <input type="checkbox"/> Cyclizine                 | <input type="checkbox"/> Ondansetron (alongside a laxative?) |                                   |
| <input type="checkbox"/> Stemetil/Prochlorperazine | <input type="checkbox"/> Xonvea                              |                                   |

Is there a GP at your surgery who specialises in women's health?

Is there an option to have pre-pregnancy counselling with your GP or a consultant at your local hospital?

Do you have a preferred hospital to go to?

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**Is there an easy way to access hospital treatment if needed?** *(It can be worth finding out what the care pathway is for treatment if needed e.g. will you need to go via A&E or can you be seen directly at the EPU or somewhere else?)*

**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?**

## Your current state of health:

**Do you have any pre-existing health conditions?**

**If so, are you taking any regular medication?**

**Do you consider yourself to be fit and healthy?**

**Height:**

**Weight:**

**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.*

### **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.*