

8 KEY FACTS



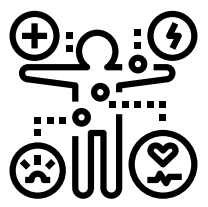
Pregnancy
Sickness
Support

www.pregnancysicknesssupport.org.uk

Helpline: 0800 055 4361

Hyperemesis Gravidarum

When Pregnancy Sickness Becomes Something More



1 SYMPTOMS

HG is an extreme form of pregnancy sickness that affects around 3% of pregnancies. Symptoms commonly include: Nausea, vomiting, fatigue, reflux, weight loss, excessive saliva, constipation, headaches, depression and many others.



3 COMPLICATIONS

HG carries some additional risks for both Mum and baby if it is not appropriately treated including dehydration, blood clots, pre eclampsia, Wernicke's Encephalopathy and mental health issues.



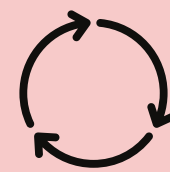
5 MENTAL HEALTH

HG can have a devastating impact on women's mental health and is considered a form of Perinatal Trauma. Women are at increased risk of ante natal and post natal depression, PTSD, suicidal ideation and thoughts of termination



7 SUPPORT

HG is debilitating and severely impacts on a person's ability to do normal things like work or look after her children. Sufferers need a strong support network to help with child care, housework, shopping, cooking, personal hygiene and emotional support.



2 RECURRENCE

Once a woman has experienced HG, there is around an 80% chance she will suffer again. It's important to plan for HG in subsequent pregnancies. Those who have family members that suffered are more likely to experience HG.



4 MEDICATIONS

There are a variety of anti-emetic (anti-sickness) treatments available in the UK that can help to manage the symptoms of nausea and vomiting. They are considered to be safe to use in pregnancy.



6 HOSPITALISATION

Sometimes women need to be admitted to hospital to receive IV fluids and medications. Many will be admitted overnight but in some cases, Early Pregnancy Units or Emergency Gynae Units can provide IV fluids during the day.



8 GENETICS

HG is believed to be caused by GDF-15 which is produced by the baby in high quantities during pregnancy. Women whose mother or sisters experienced HG are at higher risk but it's possible this can pass from the father too.