

HYPEREMESIS GRAVIDARUM

Hyperemesis gravidarum is a term used to describe **severe nausea and vomiting** during pregnancy, usually in the first 2-3 months. This happens in up to **3% of pregnancies**. People who have hyperemesis gravidarum can vomit **several times per day**. For more information on tips for reducing symptoms, please refer to our handout **"Managing Nausea and Vomiting of Pregnancy"**. Severe nausea and vomiting can be caused by various things. Often, you will undergo a workup to ensure we are not missing another cause for your symptoms.

RISK FACTORS FOR SEVERE NAUSEA & VOMITING OF PREGNANCY



multiple pregnancy
(e.g., twins/triplets)



pregnancy with a
female fetus



history of motion
sickness or migraines

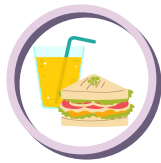


previous pregnancy with mild
or severe nausea/vomiting

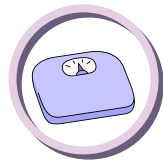
HYPEREMESIS GRAVIDARUM VS. CLASSIC NAUSEA & VOMITING



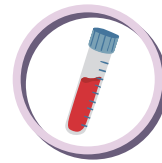
multiple episodes
of vomiting per day



inability to keep food
and liquids down



losing over 5% of pre-
pregnancy weight



bloodwork
abnormalities



signs or symptoms of
overall dehydration

MANAGEMENT OF HYPEREMESIS GRAVIDARUM

The management of hyperemesis gravidarum typically includes **prescription medication, rehydration, and sometimes admission to hospital**. During admission, you will be hydrated, have blood work, and receive a medication regimen to help control your symptoms in order to get you back home.

You can read more about anti-nausea medicines you may be prescribed in our handout **"Managing Nausea and Vomiting of Pregnancy"**.

Typically, babies of birthing parents with severe nausea and vomiting of pregnancy **have not been found** to be smaller than babies of birthing parents without these symptoms.

- you have small amounts of urine & urine is dark in colour
 - you are unable to urinate
 - you cannot keep down liquids for more than 12 hours
 - you feel dizzy or faint when standing up
 - you have a racing (fast) or pounding heart beat
- ☆ **If you have any of these symptoms, you should seek care immediately.** ☆

References

Campbell K, Rowe H, Azzam H, et al. The Management of Nausea and Vomiting of Pregnancy. J Obstet Gynaecol Can. 2016;38(12):1127-1137.

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