

Nausea & Vomiting in Pregnancy

Patient Information

Obstetrics & Gynaecology Department

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The information in this leaflet is not intended to be a definitive guide, but hopes to provide a basic understanding of the condition and its treatment.

What is nausea and vomiting in pregnancy?

In pregnant women, nausea and vomiting is common, affecting up to 70% of pregnancies. The term morning sickness is often used to describe this condition when symptoms are relatively mild, temporary, and more troublesome than serious.

Causes and symptoms

Although a common condition the cause of pregnancy related nausea and vomiting remains unclear, and it is likely that multiple factors contribute.

Symptoms typically begin at 6 to 8 weeks of pregnancy and are usually limited to the first 12 weeks, although a small percentage of women can experience symptoms for longer.

Some may even suffer throughout the whole of their pregnancy.

Although there is no evidence that nausea and vomiting in pregnancy can be prevented, vomiting during pregnancy sometimes may be lessened by lifestyle changes.

- Try to keep a positive attitude. Nausea and vomiting usually stops after the first three or four months of pregnancy.
- Ask family and friends for help with chores or childcare.
- Rest, especially after meals as tiredness may increase nausea.
- Always drink plenty of water, but little and often to help avoid dehydration.
- To help minimise nausea, try eating a few cream crackers or dry toast about 20 minutes before getting out of bed in the morning.
- Whilst nauseated, eat low-fat, bland foods.
- Stay out of the kitchen.
- Avoid food or smells that trigger symptoms.
- Have a snack as often as every hour or two during the day, dry toast, plain biscuit etc.
- Eat a small snack at bedtime and when getting up to go to the bathroom in the middle of the night.
- Ginger is a traditional remedy for nausea; try it in the form of ginger biscuits.
- Drink flat coca cola. It will replace lost nutrients and glucose.
- Try wearing acupressure motion sickness bracelets.

Risks of prolonged nausea and vomiting

When morning sickness is much more prolonged and very severe it leads to the clinical condition hyperemesis gravidarum. It is so severe for some women that it interferes with getting the fluid and nutrients they need causing severe dehydration and weight loss for the mother. However, hyperemesis gravidarum rarely causes problems for the unborn baby.

Symptoms of hyperemesis gravidarum may include:

- Severe nausea.
- Persistent and excessive daily vomiting.
- Inability to keep down any fluids.
- Weight loss.
- Light-headedness.
- Low blood pressure.
- Rapid heart beat (tachycardia).
- Excessive salivation (ptyalism).

How is hyperemesis gravidarum diagnosed?

Although many women with morning sickness feel like they are vomiting everything they eat, they continue to gain weight and are not dehydrated, they do not have hyperemesis gravidarum. Women with this condition will start to show signs of starvation, including weight loss.

Physical examination and laboratory tests of blood and urine samples will be used to help diagnose the condition. One of the most common tests used to help diagnosis and monitor hyperemesis gravidarum, is a test for ketones in the urine. Excessive ketones in the urine (Ketonuria) indicate that the body is not using carbohydrates from food as fuel and is trying to break down fat as fuel. The presence of large amounts of ketones in the urine is a sign that the body is beginning to operate in starvation mode.

How is hyperemesis gravidarum treated?

As already discussed, the primary treatment for the problem of nausea and vomiting in pregnancy is dietary changes, but in severe cases, a combination of treatments and hospitalisation (this may only be for one day) is necessary.

- On admission to hospital an intravenous infusion of fluids using appropriate amounts of salt, glucose and water will be used to correct the dehydration until vomiting is controlled.
- Prolonged vomiting can cause a deficiency of vitamins and so a vitamin supplement may be prescribed.
- Anti-sickness medication may be required to break the cycle of persistent vomiting. The medications used have been used to treat hyperemesis gravidarum without long-term problems for the mother or infant. You should consult your doctor for further information if you have any concerns about this issue.
- A scan may be arranged to confirm the pregnancy and to exclude the possibility of a twin pregnancy.
- Referral to a dietitian may be necessary in some cases.
- Referral to a psychotherapist or counsellor may be required in severe cases.

Finding a treatment that works in the management of nausea and vomiting in pregnancy; is largely a matter of trial and error, and various combinations are used. For many, it tends to be regarded as a minor disorder of pregnancy, but for others, it demands professional attention. Your doctor will recommend the most appropriate course of treatment based on your personal situation. Feel free to discuss your care with a member of the medical or nursing team on Ward 2 at Leigh Infirmary or Swinley Ward at RAEI, or your midwife at any time.

Following discharge from hospital the nausea and vomiting may be controlled with lifestyle and dietary changes and the occasional use of anti-sickness tablets. However symptoms may return or worsen. If this is the case and you do not already have a follow up appointment you should contact the hospital.

Contact telephone numbers:

Ward 2 (Leigh Infirmary) 01942 264252 or 01942 264857, 8:00am to 5:00pm Monday to Friday 8:00 am to 4:00pm.

Swinley Ward (RAEI, Wigan) 01942 822568, open 24 hours.

Please use this space to write notes/reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: www.wwl.nhs.uk/patient_information/Leaflets/default.aspx

This leaflet is also available in audio, large print, braille and other languages upon request.

For more information please ask in department/ward.

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