**Patient Information**

**SEVERE NAUSEA DURING PREGNANCY**

Severe nausea/morning sickness (Hyperemesis gravidarum) is a condition that is characterised by extreme nausea and vomiting to the extent that general health is affected.

One much used **definition** is: Nausea and vomiting before the 20th week of pregnancy, leading to more than 5% weight loss compared with pre-pregnancy weight, and in addition, dehydration, and electrolyte disturbance.

**Occurrence**Nausea affects 70-85 % of all pregnant women to varying degrees during the first half of pregnancy. This normally starts in the 4th-7th week of pregnancy. About half experience vomiting and nausea during pregnancy, but only 0.1 - 1 % of all pregnant women require hospital admittance. Normally the nausea/vomiting eases off after week 12.

**Signs of dehydration**

* Dizziness
* Dry mouth
* Dry, cracked lips
* Reduced volume of urine, darker in colour
* Over time you will also lose weight

**Treatment options**

* Intravenous fluids over the course of several days to compensate for dehydration and lack of salt
* B-vitamin/folic acid supplements, either by mouth in the form of a liquid/tablets, or intravenously.
* Anti-nausea medication (antiemetics)
* A consultation with a clinical nutritionist/dietician
* If these options are not effective, then nasogastric tube feeding may be necessary.

**Nasogastric tube feeding**

You will receive nutrition and water through a narrow tube that is passed down via the nose to the uppermost part of the small intestine.

You can eat when you have a nasogastric tube, and you can go home with it in place.

**Outpatient treatment options**

Most patients receive treatment outside the hospital (kommunale senger). Your GP will refer you.

Blood tests, weight checks, and urine analysis are carried out here, and you are given intravenous fluid treatment.

At home you should continue to keep a food/drink intake list. This serves as observational information for the doctor/nurse who is monitoring your condition.

You must keep going to your normal pregnancy check-ups with your own doctor/midwife.

**Welcome to the Women’s Clinic**

Stavanger University Hospital

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