



**Support for severe
pregnancy sickness
(HYPEREMESIS GRAVIDARUM)**

Hyperemesis gravidarum causes severe nausea and vomiting during pregnancy and usually requires hospital care

A person with hyperemesis gravidarum (HG) suffers from worse nausea and / or vomiting than a person who experiences normal pregnancy sickness. The condition prevents sufficient intake of nutrients and fluids.

Nausea and vomiting can occur throughout the entire pregnancy

Vomiting can occur up to dozens of times a day, and pregnancy weeks 6-16 are usually the most challenging. The symptoms vary from person to person. Some vomit less while others vomit constantly, but common to everyone suffering from hyperemesis is that the nausea is paralyzing. The weakness caused by hyperemesis makes it difficult to cope with everyday life. In Finland, every year approximately 700 expectant mothers experience hyperemesis.

Care that works for normal pregnancy sickness does not provide cure for hyperemesis gravidarum

The primary and most important form of treatment for hyperemesis are intravenous fluids, which can be given in the hospital, health care center or at home. IV should be started at an early stage before the body gets too dehydrated. Dehydration worsens the nausea and increases the feeling of hopelessness. If the nausea and vomiting are prolonged, intravenous nutrients, vitamins and minerals may also be needed.

During pregnancy, medication is often avoided. In case of hyperemesis, however, the potential risks caused by the medication are lower than the consequences of the nutritional deficiency and severe weight loss that hyperemesis causes. There are various medicines that are considered safe to use in the treatment of hyperemesis without significant side effects on the fetus. Specialist doctors at Turku University Hospital (TYKS) maternity clinic have compiled a treatment recommendation for the care of a patient with hyperemesis, which is available on our website. It contains information on safe medication and needed laboratory tests.



Hyperemesis gravidarum is a pregnancy disease

	Hyperemesis gravidarum	Normal nausea and vomiting of pregnancy
Weight and nutrition	Hyperemesis prevents adequate nutritional intake and causes dehydration if left untreated. Most women suffer from severe weight loss, usually over 5%.	Despite the nausea, it is possible to eat and drink sufficient amounts. No noticeable weight loss.
Nausea and vomiting	Vomiting can occur even tens of times a day. Most vomit bile, and blood in the vomit is not uncommon. The nausea is constant and limits the possibility of living a normal life.	Nausea and vomiting are unpleasant but occasional. It is possible to do everyday chores for most of the day.
Care	When treating hyperemesis, intravenous fluids and nutrition, medication, or mental support, or all of those are needed.	The nausea can be kept under control with traditional tricks for pregnancy sickness.
Duration	Condition can improve around mid-pregnancy, but many suffer from hyperemesis throughout the pregnancy.	Nausea usually subsides after the first trimester.
Ability to work	Not able to work or manage daily chores for weeks or months. Some are on sick leave throughout the pregnancy. Help is needed for personal care.	Able to work and manage everyday chores most days of the pregnancy.
Psyche	The paralyzing nausea and constant bed rest cause anxiety and symptoms of depression for many. Hyperemesis can cause years of trauma, and many are afraid of a new pregnancy and decide not to have more children.	The mother may feel low at times because of the nausea, but usually forgets it after childbirth.

Hyperemeesiry is a patient association founded in 2017 aiming to offer support for families affected by HG during pregnancy, after childbirth and when planning a new pregnancy.

We offer information on hyperemesis based on scientific research.

We promote the development of care for hyperemesis.

We support families affected by severe pregnancy sickness.

More information on hyperemesis gravidarum:

hypermeesi.fi

Support group on Facebook:

facebook.com/groups/hyperemesistukiryhma/

