

Intense Nausea and Vomiting or Hyperemesis Gravidarum?



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Hyper... What?

Hyperemesis gravidarum

This is a condition where the **nausea and vomiting** are **very intense AND persistent...** the person can vomit 20 times a day.



Who?

1% of pregnant women.



When should I consult?

A doctor

If there are :

- Signs of dehydration (e.g. dark urine, dry nose and mouth, etc.)
- Loss of more than 5 pounds.
- Inability to perform daily activities.
- Inability to eat.
- No improvement despite options tried.



A psychologist

If any of the following are present:

- Stress
- Isolation
- Anxiety
- Depressive symptoms.



Hyperemesis gravidarum can cause **emotional** as well as **physical distress**, and it's important not to ignore it. Do not hesitate to **ask for help**.

Is it dangerous?

There are **no direct harmful effects** on the baby,

but...

complications could arise during pregnancy **if** hyperemesis gravidarum is left **untreated** (e.g. low birth weight, dehydration, etc.).

What will happen?



A short hospital stay is possible to **rehydrate** the mother, to **control vomiting** and, above all, for **support** in finding treatment options that allow her to **get back** to her **daily activities**.

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