

Hyperemesis Gravidarum:

Nausea and Vomiting in Pregnancy is Treated with IV Hydration

Nausea and vomiting in pregnancy is extremely common, almost always beginning by 9 – 10 weeks of gestation, peaking at 11 – 13 weeks and resolving by 12 – 14 weeks. In some cases, symptoms may continue beyond 20 – 22 weeks.

The most severe form of nausea and vomiting in pregnancy is called **hyperemesis gravidarum (HEG):**

- “Morning sickness” is nausea and vomiting of pregnancy that is normal; it can occur any time of the day.
- It is normal for women to vomit 2 – 3 times per day in the first 4 months of pregnancy. As long as weight loss is less than 10 pounds, it is acceptable.
- HEG is severe nausea and vomiting in pregnancy resulting in dehydration and weight loss of at least 10 pounds.
- Women often have been unable to eat or drink anything for days.
- HEG may cause volume depletion, altered electrolytes, and even death. Hospitalization is not unusual.
- HEG usually has no impact on the developing fetus.

Lifestyle Changes That May Help:

- Many frequent and small meals during the day.
- Separation of solid and liquid food by at least 2 hours.
- Eating bland foods.
- Avoiding bad odors.
- Eating some crackers before getting out of bed in the morning.
- Sitting upright for 45 minutes after eating.

Medical Treatment for Hyperemesis:

- IV hydration to replace lost body fluids and salts.
- Medications to decrease the feelings of nausea; most of these are safe in pregnancy: Compazine, Phenergan, Tigan, Zofran.

Some women do well with home IV therapy and IV anti-nausea medications.

Ask your physician for more information.

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