

Questions for Your Healthcare Provider

Bring this with you — tick off what you want to ask, and what's answered.

Appointments move fast, and it's easy to forget what you meant to ask — especially when you're exhausted. Tick the questions that matter to you, add your own in the blanks, and take this handout in with you.

Understanding my diagnosis

- ☐ Is what I have HG, or a milder form of pregnancy sickness — how is that decided?
- ☐ What's my current severity, and how will you track it over time?
- ☐ Could anything else explain my symptoms, or is this straightforwardly HG?

Treatment & medication

- ☐ What anti-sickness medication would you recommend starting with, and why?
- ☐ What are the safety data for this medication in pregnancy?
- ☐ If this doesn't work, what's the next option, and when do we decide to switch?
- ☐ Can I take more than one anti-sickness medication together if needed?
- ☐ Are there any side effects I should know about with this medication?

If things get worse

- ☐ What signs mean I should come in urgently rather than wait for my next appointment?
- ☐ What does hospital or day-unit admission actually involve?
- ☐ How do I contact the maternity unit directly, out of hours?
- ☐ How can I get back in touch with you directly if things don't improve?

Nutrition, fluids & my baby

- ☐ How is my baby's growth being monitored while I'm struggling to eat and drink?
- ☐ Do I need any additional vitamins, supplements, or nutritional support?
- ☐ At what point would you consider IV fluids or tube feeding?

My wellbeing

- ☐ Who can I talk to about how HG is affecting my mood or mental health?
- ☐ Can I get a note or letter for work about my condition?
- ☐ What practical support (e.g. home visits, extra check-ins) is available to me?

Looking ahead

- ☐ When is HG likely to ease for me, based on how things are going so far?
- ☐ What happens with my care plan as the pregnancy progresses?
- ☐ If I get pregnant again, what would you do differently from the start?

My own questions

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

This list is a starting point, not a script — ask in whatever order and words feel natural to you. You're allowed to ask all of it.