

HG Symptom Tracker

Track how you're feeling day to day — for you, and to show your midwife or GP.

A quick daily check-in helps you spot patterns and gives your care team something concrete to act on. Fill in what you can — you don't need every box every day.

This week

Day	Vomiting episodes	Fluids kept down	Food kept down	How I felt
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

How I felt — quick scale

Managing (nauseous, still eating and drinking) · **Struggling** (frequent vomiting, still keeping some fluids down) · **Barely coping** (vomiting often, very little staying down) · **Can't keep anything down** (no food or fluid staying down at all)

If any of these are ticked, contact your maternity triage/early pregnancy unit or GP today — or call NHS 111 or go to A&E straight away if you can't get through or it's out of hours:

- ☐ I haven't kept any fluids down for 24 hours
- ☐ I feel faint, dizzy, or my heart is racing
- ☐ My urine is very dark or I'm barely passing any
- ☐ I've lost weight this week
- ☐ Something just doesn't feel right

Medication taken this week

Medication	Dose & time	Did it help?

Notes for my next appointment

This tracker is a personal record to support conversations with your care team — it doesn't replace medical advice. If you're worried, contact your midwife, GP, or maternity unit directly.

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