

Severe pregnancy sickness?

It could be hyperemesis gravidarum (HG).



HG may be present when:

- symptoms began before 16 weeks
- nausea and/or vomiting is severe
- you cannot eat and/or drink normally
- your daily activities are strongly limited

You do not need to be vomiting.

Severe nausea alone can meet the definition. Urine ketones are not required for diagnosis.

Contact your GP, midwife or maternity unit today if:

- nausea is severe or you are repeatedly vomiting
- you cannot keep fluids, food or medicine down
- you have much less or very dark urine, feel dizzy or faint, are losing weight, or daily life is severely limited

Treatment can include

- anti-sickness medication, including combinations or a different route
- IV fluids and thiamine when intake is very low
- ambulatory day care or hospital treatment

Not in your head

HG can affect emotional wellbeing. Tell your care team if the illness leaves you feeling low, anxious, traumatised, hopeless or unsafe.

Get urgent help now

Call NHS 111 or your maternity unit urgently for:

no or very little urine; vomiting blood; severe abdominal pain or a high fever; or rapid worsening.

Call 999 / A&E for:

severe breathing or chest pain; collapse or confusion; or being unable to stay safe.

Sources: Windsor Definition (Jansen et al., 2021), doi.org/10.1016/j.ejogrb.2021.09.004; RCOG Green-top Guideline No. 69 (2024), doi.org/10.1111/1471-0528.17739; NHS, Severe vomiting in pregnancy.

Find evidence-based HG information

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The HG Collective CIC Company No: 17400471. Information and resources, not individual medical advice.

