

HG symptom tracker

Record what is happening - including severe nausea without vomiting.

Use this as a personal record to show your GP, midwife or maternity team. It is not a diagnostic score and you do not need to complete every box.

Week beginning _____ Weeks pregnant _____

Current weight (optional) _____

How to record

Nausea: 0 = none, 10 = worst imaginable. For drinks, food and daily activity, write normal, reduced, very little or none. Record vomiting and retching separately if you can.

Day	Nausea 0-10	Vomiting / retching	Drinks and food	Daily activity
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Severe nausea matters even without vomiting.

Tell your care team if nausea stops you eating, drinking or managing normal daily activities.

Medication taken

Medication	Dose	Time	Route	Effect / side effects

Hydration and nutrition

- ☐ Urine: usual / less / very little
- ☐ Colour: light / dark / brown
- ☐ Weight change this week
- ☐ Excess saliva or spitting

Impact on me

- ☐ Unable to manage usual daily activities
- ☐ Dizzy, faint, very weak or heart racing
- ☐ Mood, anxiety or ability to cope affected
- ☐ Sleep or medication routine disrupted

Urine ketones are not a measure of dehydration and should not be used to assess HG severity.

What I need help with at my next contact

Contact your GP, midwife or maternity unit for assessment

Do not wait for every sign. Seek help if symptoms are worsening; you cannot drink enough or keep medication down; you have much less or very dark urine; you feel dizzy, faint or very weak; you are losing weight rapidly; or symptoms severely limit daily life.

Use NHS 111 if you need urgent advice and cannot reach your usual service. Call 999 or go to A&E for collapse, confusion, severe breathing or chest symptoms, or if you cannot stay safe.

Clinical basis: RCOG Green-top Guideline No. 69 (2024), doi.org/10.1111/1471-0528.17739; Windsor Definition, Jansen et al. (2021), doi.org/10.1016/j.ejogrb.2021.09.004. This tracker is a personal record and does not replace medical advice.