



Nausea and vomiting in pregnancy

Nausea and vomiting are common in early pregnancy and usually ease by 16 to 20 weeks. Severe vomiting is not something to endure: safe treatment is available.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ I feel sick most of the day
- ☐ I vomit more than three times a day
- ☐ I cannot keep food down
- ☐ I cannot keep fluids down for more than 24 hours
- ☐ I pass little urine, or it is dark
- ☐ I have lost weight since becoming pregnant
- ☐ I feel dizzy or faint when I stand
- ☐ I have vomited blood
- ☐ Nausea is affecting my work or daily life

GET HELP NOW IF

- You cannot keep fluids down for 24 hours
- Very little or very dark urine
- Vomiting blood
- Severe tummy pain, fever or fainting

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



DAILY RECORD

Date	Hours of nausea	Times vomited	Fluids kept down?	Food kept down?	Urine: normal or little

BEFORE YOUR VISIT

- Note when your last period started.
- Try small, frequent meals and sips of fluid through the day.
- List any medicines you have tried.
- If you can, weigh yourself before your visit.

QUESTIONS YOU MAY WANT TO ASK

- Is my vomiting severe enough to need treatment?
- Which medicines are safe in pregnancy?
- Do I need blood or urine tests?

