TREATING HYPEREMESIS GRAVIDARUM

HG Symptoms*
- Nausea/Vomiting
- Weight Loss
- Anorexia
- Weakness
- Ketonuria
- Dizziness
- Confusion
- Headaches
- Insomnia
- Depression
- Dehydration
- Muscle loss
- Memory loss
- Sensory sensitivity

*Also signs of B vitamin deficiencies (esp. thiamin)

General Care
- Warmed IV fluids
- Calculate weight loss
- Check for ketones
- Replace electrolytes
- Give IV vitamins + B’s
- Minimize stimulation
- Evaluate support
- Review medications
- Check Thyroid
- Test for H-pylori
- Home IV, parenteral or enteral nutrition

Mild
1. IV fluids with B vitamins
2. Check urinalysis & electrolytes
3. Labs: Metabolic Panel with Thyroid
4. Meds: Oral thiamine, anti-vomiting

Moderate
1. IV fluids with B vitamins & electrolytes
2. Check urinalysis
3. Labs: Metabolic Panel with Thyroid
4. Meds: reflux, anti-vomiting, constipation
5. Consider home IV (midline)

WEIGHT LOSS

<15 weeks (11%)  16-30 weeks (34%)  >30 weeks (54%)

WHEN DOES HG END?
SEVERE

- ASSESS: Comprehensive metabolic panel, urine, thyroid, weight loss %, neuro, mobility, Home support & disability needs, PT, Consults
- TREAT: IV fluids with B vitamins & electrolytes, Meds - reflux, anti-vomiting, constipation, Parenteral or enteral nutrition

INADEQUATE TREATMENT LEADS TO:

Mothers: esophageal tears, GI ulcers/erosion, pneumomediastinum, retinal hemorrhage, kidney failure, fetal loss, premature labor, Wernicke's encephalopathy, complications of malnutrition.

Child: prematurity, growth restriction, neurodevelopmental delays, attention & sensory & emotional disorders.

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