

Evita GyneCare Clinic

evitagynecarehospital.com

Nausea & Vomiting in Pregnancy Self-Check

Self-awareness only. Decide if you need home measures, a visit, or urgent care.

Tick what applies:

Severity

- ☐ Nausea/vomiting most days.
- ☐ Unable to keep food down.
- ☐ Unable to keep fluids down for 8–12 hours.
- ☐ Weight loss or clothes feel looser.

Dehydration clues

- ☐ Very dark urine or passing urine less often.
- ☐ Dizziness on standing, dry mouth, fast heartbeat.

Impact

- ☐ Missing work or unable to do daily activities.
- ☐ Feeling low/anxious because of symptoms.

Quick notes (fill in):

Weeks pregnant: _____

Vomits/day: _____

Urine: ☐normal ☐dark

☐very little

Book a check-up if ANY apply:

- Symptoms affect daily life or last >1 week.
- You cannot keep fluids down reliably.
- You have dehydration signs or significant weight loss.

Urgent care today if:

- No fluids kept down for 12+ hours, very little urine, or fainting.
- Vomiting blood, severe abdominal pain, or fever.
- Severe headache/vision changes with vomiting.

**You're not "weak."
Severe nausea is
medical and treatable.**

Bring this page and say: "I need help controlling nausea so I can hydrate and function."

Important: Self-awareness only.
This does not confirm a diagnosis.

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Nausea & Vomiting in Pregnancy

Self-Check (visit prep)

Bring this page to help your doctor plan the right evaluation.

Bring / note these:

- When symptoms started and what triggers them.
- Vomits/day and ability to keep fluids down.
- Foods/drinks that help; weight change.
- Current medicines/supplements; thyroid/diabetes history if any.
- Warning signs: dark urine, dizziness, fainting.

What your clinician may do:

- Assess hydration and severity; urine tests if needed.
- Discuss safe anti-nausea options and dietary strategies.
- Plan follow-up and safety net advice.
- Consider other causes if atypical.

You deserve clarity - and you deserve respectful care.

To book: evitagynecarehospital.com