

Patient information from BMJ

Last published: Feb 27, 2023

Morning sickness: questions to ask your doctor

If you feel very sick during your pregnancy, you may want to talk to your doctor, midwife, or obstetrician to find out more. Here are some questions that you might want to ask.

- Is my baby at risk?
- Is my health at risk?
- How can I change my diet so I feel less sick?
- What natural treatments can reduce my nausea and vomiting?
- Is there any medicine that will stop me vomiting?
- Will the medicine harm my baby?
- Do I need treatment in hospital?
- When should I contact you if I keep being sick?
- How do I know if I'm becoming dehydrated?
- When should I start to feel better?

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at bestpractice.bmj.com. This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: bmj.com/company/legal-information. BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2024. All rights reserved.

What did you think about this patient information guide?



Morning sickness: questions to ask your doctor

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.

