

Patient information from BMJ

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Morning sickness: questions to ask your doctor

If you feel very nauseated 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 nauseated?
- What natural treatments can reduce my nausea and vomiting?
- Is there any medication that will stop me from vomiting?
- Will the medication harm my baby?
- Do I need treatment in the hospital?
- When should I contact you if I keep vomiting?
- How do I know if I'm becoming dehydrated?
- When should I start to feel better?

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