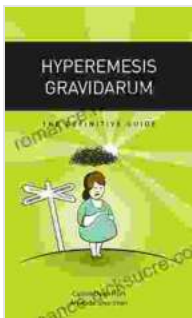


Hyperemesis Gravidarum: The Definitive Guide

What is Hyperemesis Gravidarum?

Hyperemesis gravidarum (HG) is a severe form of morning sickness that affects up to 2% of pregnant women. It is characterized by persistent nausea and vomiting that can lead to dehydration, electrolyte imbalance, and weight loss.



Hyperemesis Gravidarum - The Definitive Guide

by Caitlin Dean

★★★★☆ 4.9 out of 5

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HG is thought to be caused by a combination of factors, including hormonal changes, genetics, and psychological factors. It is more common in women who are pregnant with multiples, who have a history of HG, or who have a family history of HG.

Symptoms of Hyperemesis Gravidarum

The symptoms of HG can vary from woman to woman, but they typically include:

- Nausea
- Vomiting
- Dehydration
- Electrolyte imbalance
- Weight loss

Nausea and vomiting are the most common symptoms of HG. The nausea can be constant or intermittent, and it can be severe enough to make it difficult to eat or drink. Vomiting can also be severe, and it can lead to dehydration and electrolyte imbalance.

Dehydration can occur when you do not drink enough fluids to replace the fluids that you are losing through vomiting. Symptoms of dehydration include thirst, dry mouth, dizziness, and fatigue.

Electrolyte imbalance can occur when you lose too many electrolytes through vomiting. Electrolytes are minerals that are essential for the proper functioning of the body. Symptoms of electrolyte imbalance include muscle cramps, weakness, and confusion.

Weight loss is a common symptom of HG. This can be due to the fact that you are not able to eat or drink enough, or it can be due to the fact that your body is using up its stores of energy.

Diagnosis of Hyperemesis Gravidarum

HG is diagnosed based on your symptoms and a physical examination. Your doctor may also order blood tests to check for dehydration and electrolyte imbalance.

Treatment of Hyperemesis Gravidarum

The treatment for HG depends on the severity of your symptoms. If your symptoms are mild, you may be able to manage them at home with rest, fluids, and over-the-counter medications. If your symptoms are more severe, you may need to be hospitalized for intravenous fluids and medications.

There are a number of medications that can be used to treat HG. These medications can help to reduce nausea and vomiting, and they can also help to prevent dehydration and electrolyte imbalance.

In some cases, surgery may be necessary to treat HG. This surgery is typically only performed in cases where other treatments have failed.

Prognosis for Hyperemesis Gravidarum

The prognosis for HG is generally good. Most women with HG will see their symptoms improve by the second trimester of pregnancy. However, some women may continue to experience symptoms throughout their pregnancy.

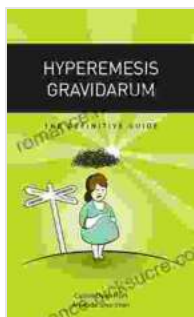
HG can be a debilitating condition, but it is important to remember that it is a temporary condition. With proper treatment, most women with HG will be able to have a healthy pregnancy and delivery.

Prevention of Hyperemesis Gravidarum

There is no sure way to prevent HG, but there are a few things that you can do to reduce your risk of developing this condition:

- Eat a healthy diet
- Get regular exercise
- Avoid smoking and alcohol
- Manage stress

If you are pregnant and experiencing severe nausea and vomiting, it is important to see your doctor right away. HG is a serious condition that can lead to dehydration, electrolyte imbalance, and weight loss. With proper treatment, most women with HG will be able to have a healthy pregnancy and delivery.



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