

## Patient information from BMJ

Last published: Oct 14, 2020

### 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?

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