



Hyperemesis
Ireland

Dietary advice

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Dietitian



Overview

- Malnutrition and hyperemesis
- Meet Emma, Nadine and Roslynn
- Signposting, referrals and take home messages



What is malnutrition?

- Inadequate nutrients / balance of nutrients to meet the body's demand & that of the developing foetus.
- **Presentation of malnutrition**
 - Weight loss
 - Feeling tired all the time and lacking energy
 - Dizziness / irritability
 - Depression / low mood



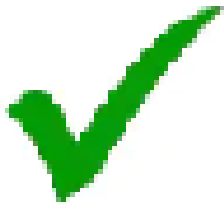
Risk factors for malnutrition

- Greater nutritional requirements – pregnancy
- Reduced intake – nausea
- Reduced absorption – vomiting
- Loss of appetite – altered taste, excessive saliva, heightened smell, too tired/weak to prepare or eat food

Context of this initial dietary advice

Mild hyperemesis

- PUQE score ≤ 6
- Tolerating oral fluids
- Tolerating anti-emetics
- Nausea and/or vomiting (not dehydrated)
- Eating



Moderate / severe hyperemesis

- Dehydrated
- Risk of Refeeding syndrome
- Weight loss of 5-10%
- Consuming little / no food for the last 5 days





Emma

- PUQE < 6
- 1st pregnancy
- Nausea++++++.....
- Heartburn
- BMI 34
- Disappointment & guilt

“She’s has a bit to lose, so no need to be too worried”

“She’s not that bad, she’s not getting sick”



Nausea - dietary

Stop

- Consider iron medications
- Greasy, fatty or fried food

Start

- Make the most of “**nausea-free**” times
- Small, frequent meals and snacks
- Dry, plain foods
- Drinks between meal rather than with meals
- Try sipping a fizzy drink
- Protein-predominant meals



Sample Meal Plan

Eat little and often as this is one of the best ways to reduce or prevent nausea from worsening.

Try having a small snack or meal every hour.

Morning



9am



10am



11am



Afternoon



12pm



1pm



2pm



Evening



3pm



4pm



5pm



Night



6pm



7pm



8pm



Snack ideas

Cheddar cheese

30g with 2 cream crackers.

Beans

Half a small tin of beans on 1 slice of toast with butter.

Peanut butter

1 tablespoon of peanut butter on 1 slice of toast.

Hummus

- 3-4 breadsticks with 2-3 tablespoons of hummus; or
- half a pitta bread with 2-3 tablespoons of hummus.

Yogurt

150g of yogurt:

- custard style;
- Greek style; or
- high-protein yogurt.

Sweet bread

- Slice of treacle bread and butter or banana bread and butter.

Nutrition per portion

Calories	Protein
Approx. 200 kcals	5-10g protein

Bagel

Half a bagel with smoked salmon (30g) and:

- half a medium avocado; or
- cream cheese (40g).

Packet mix

- Bombay mix (40g); or
- mixed nuts (30g)

Puddings

- Ready-made milky puddings;
- canned rice pudding;
- custard;
- trifle pots; or
- crème caramel.

Scone

Half a scone with butter and 1 teaspoon of jam.

Ice-cream

2 scoops of ice-cream with tinned fruit in syrup.



Nausea - lifestyle

Stop

- Expecting yourself to eat normally

Start

- Slow down! Sit upright, chew well & stay upright for a short while after your meal/snack
- Choose relaxing room to eat with no distractions
- Delegate, delegate, delegate.....3 C's



Indigestion / heartburn

Stop

- Discomfort-causing foods (fatty, spicy foods, fizzy drinks, chocolate, hard-boiled sweets)
- Smoking
- Eating or drinking tea/coffee for 3-4 hours before you go to bed.

Start

- Wear loose clothing around your waist.
- Limit activity for at least 45 to 60 minutes after eating.
- Try not to lie flat on your back, especially after meals.
- Sleep in a semi-upright position, propped up on pillows. If you need a drink, have water or milk.



What worked for Emma

- You're not alone!
- Stop trying to continue as “normal”
- Medication review – “gallons of Gaviscon”
- Dietary advice
 - 200ml every 2 hours
 - High protein (salty) snacks
 - Carbohydrates, folic acid, vitamin D in the evening
- Partner's support



Nadine

- PUQE < 6
- 1st pregnancy
- BMI 18

“I can’t stand the smell of anything, even my hair stinks!”

Cooking smells

Fridge

Dog

People

Perfume / cologne

Bins

Cleaning products

Shower, toilet and sink

Coping with smells

- Citrus smells
 - Lemon / Lemongrass / Orange
 - Vicks vapour
- Fresh air
 - Park / beach
 - Sit with an open window in a room far from the smell
- Cooking
 - Use a microwave to re-heat food, rather than cooking from scratch.



Mouth care

- **Don't brush after vomiting**
- Rinse out mouth with water or mouthwash containing fluoride after vomiting
- Wash your teeth about 30 minutes later.
- Try a non-foaming toothpaste
- Chewing sugar-free gum



Bland/ Mild & Soft foods

Bland/Mild foods

Mashed potatoes
Rice / noodles
Custard
Rice pudding
Porridge
White toast
Cream crackers / Rich Tea biscuits
Pancakes / Waffles
Plain or vanilla yogurt
Scones / Croissants
Plain bagel

Soft foods

French toast or egg bread
Mashed potatoes
Rice pudding / custard
Tinned peaches / pears
Baked potatoes with butter
Pancakes
Yoghurt / ice cream
Sponge cake
Danish pastry



What worked for Nadine

- Citrus smells
 - Lemon / Lemongrass / Orange
 - Vicks vapour
- Good mouth care
- Bland, soft foods served cold.
- Pregnancy supplement at lunch
- 200mls of fresh water or ice every 2 hours
- Eat every hour on the hour



Roslynn

- PUQE = 8
- 2nd pregnancy
- BMI 27
- Wind / constipation
- Exhaustion / weakness
- Anaemia in last pregnancy



Continually Sipping
Liquid Through a Straw.



Ice cubes
(in water or flat coke)



Freeze a half empty bottle of water and then fill it up with a water.



Ice lollies



Hot Chocolate, Weak or Fruit Tea



Fizzy Drinks
Lucozade, Lemonade



Milk or Milkshake



Orange Apple or Lime Juice,



Fruits (oranges, apples, grapes, melon) / tinned fruit



Yoghurt/Pudding



Jelly/Ice Cream



Soup



Wind

- Constipation – suitable laxative
- Avoid taking in air when eating / drinking
- Avoid food that you think gives you wind.
 - Beans and pulses, pickles and fizzy drinks commonly cause problems.
- Try warm drinks
- Try gentle exercise, especially walking, can improve wind and constipation.



Constipation

- Plenty of fluids (2L/day) especially with laxatives
 - both hot and cold drinks will help.
- Plenty of fibre (roughage - good sources of fibre include:
 - whole-wheat breakfast cereals
 - wholemeal bread, flour or pasta
 - brown rice
 - fresh fruit and vegetables.
- Natural remedies include prune juice, prunes, fig syrup and dried apricots.

Loss of appetite – too weak/tired

- Plan ahead / Batch meals
- Stock up on easy-to-prepare foods for the cupboard, fridge and freezer.
- Local meal-delivery company.
- Delegate, delegate, delegatethe 3 C's to family, friends or neighbours.



Anaemia

- Pre-pregnancy levels
- Iron-rich foods
- Iron supplements
- Timings



What worked for Roslynn

- Preparation
 - Nutritional intake / pre-pregnancy status
 - Exercise pre-pregnancy
- Planning
 - Financial situation
 - Family & GP involvement
 - Snacks / batch meals
- Supplementation
 - Iron supplementation (timings)



Signpost

Healthcare professionals : Hyper x

hyperemesis.ie/healthcare-professionals/

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Home > Healthcare professionals > Resources for professionals

Healthcare professionals

- Treatment Guidelines
- Resources for professionals**

Tips for eating and drinking

Click here to download our helpful leaflet with tips for eating and drinking

here for ideas of things you can do!

Tips for eating and

Resources for professionals

Click here to download the National Irish Treatment Guidelines for nausea and vomiting in pregnancy and hyperemesis gravidarum

Click here for a printable information leaflet about tips for eating and drinking

Historically the condition has been significantly under treated, in part due to stigmas around a psycho-dynamic aetiology which has since been disproved. Additionally, fears around medication use in pregnancy has contributed to the under-treating of HG. There are national treatment guidelines for Ireland available which should offer prescribers a degree of confidence in the medical options. For information about the range of



3 x Take home messages

Healthcare professionals

- Weight loss, especially for higher BMIs
- “Nothing off the menu”
- Medication review

Patients

- 200mls every 1-2 hours
- Eat every hour on the hour
- Delegate, delegate, delegate... the 3 Cs