

# ***Questions to Ask Your Healthcare Professional***

provided by HER Foundation – <http://www.hyperemesis.org>

1. How many women do you see with HG each year?
2. What do you think causes HG?
3. How do you treat HG?
4. Do you always start with Phenergan, antihistamines (Unisom) and/or sedatives (Compazine)? Or can I start with the medication that worked best last time (or a different one if nothing helped)?
5. At what point can I start on a medication?
6. Do you use Zofran, Kytril or Anzemet? How many weeks do I have to be to start on this medicine? What is the dose you feel is the most I can take in a day?
7. If I don't improve with those drugs, what would be the next step?
8. Do you ever use steroid therapy?
9. Do you prescribe home TPN or other options for nutritional support? If so, at what point?
10. What other options do you recommend for treatment besides (or in conjunction with) medications? (e.g. Acupuncture, homeopathy, gastric pacing, psychotherapy)
11. Since I have had HG before (or now) and we are trying to get pregnant, can you give me a prescription for a few doses of \_\_\_\_\_ (the medication you want to try first) to have on hand in case the nausea/vomiting begins while you are not available or I am away from home (if you travel).
12. Are you comfortable with my using homeopathics or other natural treatments?
13. What are my options for contacting you after hours if I am getting worse since you will know my condition best?

Feel free to refer the physicians you interview to our site (<http://www.hyperemesis.org>) to educate themselves on management of hyperemesis. We have developed a protocol to help them determine how best to care for you. We also have many links to medical research articles they can read to learn more.