



Supportive Clinical Information Severe Nausea and Vomiting in Pregnancy

Clinical Guide for Severe Nausea and Vomiting of Pregnancy Inpatient Admission					
Time frame	Nutrition	IV/Meds	Other		
First 24 hours	NPO Blood work Monitoring	IV fluids and medications only. Do not administer D5W + NaCl 0.9% until first dose of IV thiamine is administered and electrolytes are normal.	Discontinue oral prenatal vitamins, iron and doxylamine Consider IV ondansetron when 2 other anti emetics have failed in patients who are less than 10 weeks gestation.	PUQE SCORE Every 12 Hours Correct Electrolytes as needed. (<i>"Refer Electrolyte Replacement order set as required"</i>) Monitor for QTc Prolongation when using medications which can increase the risk such as ondansetron, metoclopramide, famotidine, citalopram, methadone and in patients with other risk factors such as low electrolytes and dehydration.	
Post Admission Day (PAD) #1	Reassess diet, Increase oral intake as tolerated.	When tolerating oral intake, consider discontinuing IV medications and administering PO		Discharge when able to consume 2 meals, tolerating po medication, PUQE score is improving and patient is medically stable.	
PAD #2 If unable to tolerate PO fluids	Consult to clinical nutrition	IV fluids and medications	Consider IV Ondansetron if not already started	Plan for discharge: teaching, medications and follow up	

Pregnancy Unique-Quantification of Emesis (PUQE) score

	1 point	2 points	3 points	4 points	5 points
Duration of nausea in the past 12 hours	0	≤1 hour	2 to 3 hours	4 to 6 hours	>6 hours
Number of vomiting episodes in the past 12 hours	0	1 to 2	3 to 4	5 to 6	≥7
Number of episodes of dry heaves in the past 12 hours	0	1 to 2	3 to 4	5 to 6	≥7

Total score 4 to 6: mild nausea and vomiting of pregnancy. Total score 7 to 12: moderate nausea and vomiting of pregnancy. Total score ≥13: severe nausea and vomiting of pregnancy.

Adapted from:

- Koren G, Boskovic R, Hard M, et al. Motherisk-PUQE (pregnancy-unique quantification of emesis and nausea) scoring system for nausea and vomiting of pregnancy. *Am J Obstet Gynecol* 2002; 186:5228.
- Koren G, Plwko C, Ahn E, et al. Validation studies of the Pregnancy Unique-Quantification of Emesis (PUQE) scores. *J Obstet Gynaecol* 2005; 25:241.

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