



Pregnancy
Sickness
Support



HG Truths with Katrine Quorning

My name is Katrine Quorning, and I'm a 33-year-old writer, illustrator and musician living in Denmark. .

Why is raising awareness about HG important to you?

Fighting for your own and your unborn baby's life is so much harder, when people around you don't recognize your struggle. Therefore, raising awareness is so important. Higher awareness will guide partners, family members, healthcare providers etc. to support HG women better and make their struggle more tolerable.

Tell us about your HG experience

I've suffered from HG in all of my three pregnancies. Each time it started out around week 5-6 with devastating nausea, leaving me tied to the couch 24/7. It lasted throughout the entire pregnancy – except for my second pregnancy, where I got better around week 9. Unfortunately, it turned out that I had gotten better because I had had a missed abortion. Today I am lucky to have two healthy boys. After the babies were delivered, I got instant relief, and luckily I haven't had any postpartum symptoms.

In my first pregnancy no one really believed me, and I was assigned a dietitian as they thought I had an eating disorder. Eventually I got so sick, that I was hospitalized for several weeks, and I ended up getting a nasogastric feeding tube. At that point I actually thought I was going to die, and still today I can only remember those critical weeks as a blur. Finally, people started believing me. Afterwards my doctor apologized, and in the following two pregnancies she was very helpful. Thanks to her, early medication and better support from my family these pregnancies were slightly more tolerable.

How did it impact your day-to-day life?

HG turned me into a zombie; I was totally unable to work, think or even take care of my basic needs. Thankfully, my husband has been very supportive. Without him I would not have been able to get through it. He helped me shower, payed all our bills, and he cooked whatever I thought I would be able to keep down. Even when I usually just ended up throwing it all back up on the plate.

Especially in my second and third pregnancy he did an amazing job with our 3-year-old son, who didn't understand what had happened to his mother. However, it still broke my heart every time my little boy would run to me, full of hope and excitement, asking me if was any better today. "No. Mum is still sick..."

What is your message for anyone else suffering?

My number one message for any women suffering from HG is, that HG is real, and no matter what people might say, you are not making it up. You are not silly or super sensitive. You are sick. So ask for all the help you need and get someone to advocate for you, speaking to your doctors and others who might not take your condition seriously.

Secondly; those pregnancy books don't apply to you at all. Your only job is to survive, even if that means lying on the couch sipping coke every day. Ditch the guilt.

And finally, it won't last forever, so just take one day, hour, minute at a time. You've got this!"

Katrine runs a fantastic Hyperemesis themed Instagram page which you can find here [@HyperemesisGravidarMum](#)

Katrine also created a book of comfort, love and support for all women going through HG here:

["Hyperemesis Gravidarum - A book of comfort, love and support for all women going through hell to open the life portals"](#)

