



Pregnancy  
Sickness  
Support



### **HG Truths with Kitty Trout**

*I'm Kitty! Im 28, I live in Surrey and I manage the operations of a group of veterinary surgeries.*

#### **Why is raising awareness about HG important to you?**

*I had my HG pregnancy in 2019 and it was the hardest experience of my life. Hardly anyone I knew had any knowledge about it (lots of them learned through me!), but it certainly makes it difficult to express what you are going through.*

#### **Tell us how your HG experience started**

*I started experiencing HG symptoms before I knew I was pregnant. I thought I was coming down with a horrible bug, but once I realised I was 4 weeks pregnant I thought it must be connected. I felt sick the whole time and couldn't eat or drink anything. The smell of food made me feel sick and I just felt generally awful. I started actually being sick at about 6 weeks, and not long after I was in hospital for fluids. I continued on the medication for the whole pregnancy which did eventually control the sickness, but the nausea remained. Unfortunately, it led to pre-natal depression, and completely ruined the whole experience for me and my partner.*

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

*Unfortunately, I had to stop work when I was about 12 weeks, I tried my best to keep going and reduced my hours but I just couldn't do it. Being sick in front of a client really sealed the deal! Luckily I have an amazing husband who was so supportive and understanding. He was there every step of the way, as were our families. Some days I struggled to leave the house, either due to sickness or often due to anxiety. When I did start to feel a bit better physically the mental struggle remained. It seemed to take the joy out of everything I tried to do.*

#### **What was the hardest part?**

*The hardest part for me was the guilt I felt. I felt guilty for being angry, for being sad and for feeling like I wasn't looking after my baby. Everyone can reassure you but only you can forgive yourself for that, and it's still not really something I've managed to do.*

#### **What do you wish people knew about HG?**

*I wish people knew that is ISNT MORNING SICKNESS. The amount of times I was offered a ginger biscuit or someone said "it gets better after 12 weeks" made me feel completely helpless. The lack of knowledge around HG means you find yourself justifying what you're going through. On the days I*

*did feel ok I was actually nervous to show it, in case anyone thought I was exaggerating or just not coping well. I don't think any illness should leave someone feeling that way.*

**What did recovery look like for you?**

*I had several medication combos and eventually found some relief with an unlicensed combination. They mostly stopped me being sick, but the nausea did continue throughout. The sickness did return towards the end again but I think knowing I was near the end really got me through. I had counselling for my depression which really helped, but the day I gave birth was the biggest relief to me! During a hemorrhage I turned to my husband and said "I don't feel sick!" And that was when the reality really sunk in. I also wrote a poetry book about my first year of motherhood, and the joy I finally found post HG. This was a real healing process for me and made me feel very proud of what I had endured.*

**What is your message for anyone else suffering?**

*You are not alone, you are not going mad and there is help available. Whatever you are feeling and whatever you want to do, you can be supported in this.*

Kitty now volunteers for Pregnancy Sickness Support as part of the social media team, sharing her poems weekly to validate and support others HG journeys.

Kitty penned her own collection of poems in her book "The Evolution of Mum" – A little story about an uphill journey – you can purchase it here: [https://www.etsy.com/uk/listing/908624068/the-evolution-of-mum-poem-book?ref=listings\\_manager\\_grid](https://www.etsy.com/uk/listing/908624068/the-evolution-of-mum-poem-book?ref=listings_manager_grid)