



Pregnancy
Sickness
Support

HG Truths with Rowan Green

I live in Lancashire with my husband Al, my 20 month old daughter Olia Daisy and our boxer dog Simon. I work for the emergency services but my real passion is all things pregnancy and birth! I love volunteering daily for PSS, I am a peer supporter, I work on the social media team, I run our new post HG virtual support group and I also set up and work on our links to CRADLE charity, enabling us to offer bereavement support



Why is raising awareness about HG important to you?

I may not be able to change the whole world, but if I can change one person's world then I have done enough. My drive to work with the charity and give my all in every element of support is to prevent women going through what I did in my pregnancy. I had never heard of HG or Pregnancy Sickness Support at the time of my pregnancy and found the only support was my friends and family. Without raising awareness and talking there will be no change, I am determined for things to be different for my daughter's generation.

Tell us how your HG experience started

I felt nauseous within days of actually becoming pregnant, I thought I was imagining it at first. By six weeks I was severely unwell, by nine weeks I was begging for help as a last resort and went to the hospital still assuming there was nothing that could be done. I had been told from day one that what I was experiencing was normal, I was sent away, I was never made aware that fluids or IV treatment could help. The hyperemesis lasted the entire pregnancy, in fact it caused so much internal damage I now live with a condition triggered by the HG.

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

HG took over everything, when you are that sick and exhausted, you can barely move without vomiting. You have no choice but to just lay still waiting for the minutes to pass and hoping you find the strength to survive. I could not work, eat, drink, travel, I struggled to have a shower, to sleep, I struggled to do anything.

What was the hardest part?

The hardest part was the actual sensation of crippling nausea that never leaves, it is not like regular sickness that passes when you vomit, you just feel as bad. The sensation drowns you, it is like torture.

What do you wish people knew about HG?

That severe sickness leads to dehydration and malnutrition, that living with the two latter physically feels horrific, it is not like a hangover or bug that passes, it is life threatening and terrifying to live through.

What did recovery look like for you?

I have personally struggled as much after pregnancy because of rare circumstances causing a secondary condition to be triggered. I am yet to return to work, I have been through extensive testing and consultations prior to a diagnosis, HG was not over at delivery for me. I have damage that cannot be fixed, I am medication to help my body function and keep me alive. I have faced malnutrition and dehydration post pregnancy, it has been a very tough time physically and mentally.

What is your message for anyone else suffering?

I would suggest getting a peer support match through PSS, someone to think when you are too tired, someone to understand, someone to support you and virtually hold your hand is everything. When your baby is here, you will feel it was worth it, I have been to hell and am still on my way back, but I would do anything for my little girl and she is worth it.

Rowan helped Pregnancy Sickness Support to establish a new support service, specifically for those in the UK who have suffered from Hyperemesis Gravidarum which has quickly become an invaluable resource: <https://www.facebook.com/groups/493218742116585>

Rowan also volunteers with Cradle charity and helped to establish a HG loss support service

<https://www.facebook.com/groups/248871703385763>