



Pregnancy
Sickness
Support



HG Truths with Tuesday McEwan

My name is Tuesday McEwan, I'm from a little town in the South Hampshire, and although I'm currently taking a little time out to be at home with my youngest son, I work within the education sector specialising in behaviour

Why is raising awareness about HG important to you?

Tell us how your HG experience started

I only began suffering with Hyperemesis in my third pregnancy. I had no clue what it was, and having already had 2 relatively text book pregnancies, I didn't see it coming. I was officially diagnosed with HG when I was admitted to hospital at 9 weeks for severe dehydration. I had already been signed off work for 3 weeks at this point and I genuinely didn't know if I'd be able to carry on with the pregnancy. On top of the relentless nausea and vomiting came exhaustion, heightened senses and dizziness. At 10 weeks, I genuinely considered abortion. My body and my mind were breaking and I didn't know how I could survive another 7 months.

I was extremely lucky with my Health Care Professionals. My Dr was amazing; he kept my sick note rolling, put my anti emetics on repeat prescription and never once did he make me feel like it was all in my head. I genuinely believe that if it hadn't been for my Dr's support through HG, I would have had a lot more than just the one admission to hospital. He was there every step of the way if I needed him. I will be forever thankful.

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

Suffering Hyperemesis had a huge impact on my normally solid relationship. There was a moment in the early weeks where I genuinely wondered if we would make it to the end and remain together. Luckily, we were able to get past the worst and became even stronger for it.

One of the hardest things I found was missing out on my 2 teenage boys lives for that length of time. I missed parents evenings, awards shows and even college interviews. Luckily, they had my partner who stepped up and became everything they needed in a step father and more.

I was unable to work through the majority of my pregnancy and for the few months that I was 'well enough' to be there, I had to step away from my 'normal' job role.

My family loved on ready meals for months on end! My Mum had to come into my home and clean it for me as I just couldn't manage and I went weeks without bathing or showering!

What do you wish people knew about HG?

That it's not just sickness! There are so many other symptoms of HG and unfortunately, the after effects of it can often last so much longer than just 9 months. 3 years on from having my son, and I'm still suffering now.

What did recovery look like for you?

I don't believe that I have recovered. Because of HG, I now suffer with PTSD and crippling anxiety. My mental health has taken a huge hit and I am having to look into counselling to come to terms with what happened through those 9 months. Nobody understands Hyperemesis unless they've lived it. I'm lucky; I have an incredible support network around me. Not just in my partner and my family, but in the friends that I have met on my journey of volunteering for PSS. Becoming involved with the charity is one of the things that I can genuinely say has helped (is currently helping) aid in my recovery of the mental effects of HG.

I had Cyclizine and Ranitadine throughout most of my pregnancy.

What is your message for anyone else suffering?

YOU ARE NOT ALONE!!! Whatever you are going through and however you are feeling, we hear you!! Reach out and ask for help if you need it. DO NOT FEEL ASHAMED!

Tuesday is a volunteer peer supporter for Pregnancy Sickness Support and on the social media team. In her spare time, Tuesday also runs an Instagram account following their journey to an inevitable autism diagnosis with youngest son Sawyer and a made to order personalised gifts shop. You can find these at the links below:

www.instagram.com/our_journey_with_sawyer

www.instagram.com/the_personal_touch_2021