



Pregnancy  
Sickness  
Support

### **HG Truths with Kylie Birks**

*My name is Kylie, I live in West Yorkshire with my partner and three children and I am a full time student.*



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

*Raising awareness of HG is super important to me as when I was suffering I felt so alone. I believed no one else was experiencing this type of sickness. Once I found pregnancy sickness support near the end of my pregnancy I realised this was not the case and in fact lots of other women were suffering from this severe form of sickness that I was. I want to educate everyone and for them to understand that Hyperemesis Gravidarum is not normal pregnancy sickness!*

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

*My HG journey began at 5 weeks pregnant. Me, my friend and our toddlers went to soft play for the morning. I was excited to be pregnant again and we sat and talked about it whilst having a cup of tea. That was the first time I was sick and from that day it was relentless. I couldn't tolerate fluids/food. I couldn't travel in a car without being sick. I was sick over 10 times a day. I couldn't take any medication and had Ondansetron prescribed as a dissolvable film strip. I suffered badly with constipation, hypersalivation, nausea, vomiting, food aversions/ smells. I was hospitalised 3 times for IV fluids.*

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

*I felt so alone in this even though I had a great support network around me my family were brilliant but no one could relate because they hadn't experienced or even heard of HG before. I had no support from my midwife/consultant or where I worked. My mental health suffered badly to the point I considered terminating the pregnancy. My journey didn't end as soon as my baby was born at 40 weeks. I still struggled to keep fluids/food down a week after she was born.*

### **What was the hardest part? Did it affect your relationship?**

*The hardest part for us was my partner being stopped by the police and having our car seized because we couldn't afford to pay for it. To this day I don't know how we managed to survive and not lose our home as well. My partner was amazing. He worked 40 hours a week then came home to look after me and the kids. Our bond grew stronger which is one of the positives of HG. My mum looked after my kids and did most of the school runs as I was unable to.*

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

*I wish people knew that it's simply not morning sickness and it shouldn't be referred to as this!*

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

*I still struggle 18 months on with my mental and physical health.*

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

*If you are suffering right now take each hour, day and week a step at a time. Don't plan too far ahead. Accept the good days and when your having a bad day remember those good days and know that they will come again, maybe not today or tomorrow but one day you will have some relief. Please know you are not alone in this. Pregnancy sickness support is amazing so please reach out!*

Kylie has been volunteering for Pregnancy Sickness Support for over a year, and you can catch her weekly post on the PSS social media accounts on a Saturday evening.