

Lucy's Experience

I suffered from H.G with my pregnancies, although I had no idea at the time it was a medical condition nor did I know the name of it. I thought I was just unlucky like my sister had been with her first child.

I suffered the entire pregnancy with vomiting starting at 6wks+5. I was sick about 20-30 times a day, burst blood vessels all over my face, brought up blood, rotted my teeth, damaged my stomach & oesophagus, and sometimes wet myself I heaved so hard...delightful.

The smell of my husband was enough to make me heave and the poor man had to eat in the garden most nights as the smell of food or even the oven being on would make me vomit. Somehow I struggled through work until the earliest opportunity I could take my maternity leave (this meant a lot of puking in the office bin!). Luckily I was on my own in the office a lot. If not I am sure I would have been soon enough. The sickness did ease after about 20 weeks (I vomited about 10 times a day from then on) but it was still severe and I then, to add to the trauma, I also had terrible SPD. I used to cry and scream out in pain it was so bad, especially when I turned in bed at night. It was very lonely and isolating being so poorly and disabled. My husband worked extremely long hours (up to 70hrs a week, 6 days a week) so it was very difficult. My mum also worked full time and my sister lived far away at the time. Without the help of a couple of my lovely friends, who would do my shopping and take me out, I don't know where I'd be!

I lost 2 stone during the pregnancy. I had also developed gestational diabetes in my pregnancy, I was injecting insulin with every meal and at bedtime. After it was diagnosed there was a lot of focus on the baby's unborn size and weight. Luckily his birth weight was not a consequence of my diabetes as it was so well controlled. His size did cause birthing complications though, unfortunately he had shoulder dystocia and it was extremely scary for a while in labour as he was so stuck and not breathing. Thankfully it ended well.

My first son was born weighing a whopping 10lb1oz.

I got pregnant again when my son was only 4 months old. Everybody told me I would not get sick again.

"Hopefully it would be a different sex"

"Perhaps I did not give the ginger a good enough chance".

"Perhaps you didn't give the Cyclizine a good enough chance"

At 6wks+5, BOOM, the sickness started again. The first time round I had the hope that it would pass but this time I knew it would not. The whole pregnancy mirrored the last; the undiagnosed H.G, the diagnosed gestational diabetes and SPD. My second son was born just before Christmas weighing 8lb3oz.

As every H.G sufferer knows, the relief is SO amazing! Not only is it lovely to have your baby but just to feel normal again and not being sick all the time is THE best feeling ever!

Along with horrible pregnancies I had rough starts with my boys, both were admitted to SCBU; one for severe jaundice and the other for the after-effects of the gestational diabetes, but I think I handled it better because I wasn't sick anymore. I had found strength in the relief, although since having H.G I have had counselling for the trauma I went through in both pregnancies and having them so close together. I don't think it's possible to be that sick for that long without it having some sort of long-term affect. Good and bad!

My sister suffered again with her second pregnancy. While carrying my niece, the only GIRL between us, she literally nearly died. Her organs started to fail through such severe dehydration and I know without finding Pregnancy Sickness Support she would have terminated her pregnancy. Her partner and I searched the web while she was in hospital for the fourth time in weeks and we struck gold when we found the website and the information. We demanded the Dr's gave her the medication listed on the website. She spent the rest of her pregnancy managing the sickness on Ondansetron and another big baby was born weighing 9lb1oz.

Unfortunately, both my sister and I have gone on to have terminations as the HG was simply too much to go through again, we have 2 other children to think of. It didn't feel like it would be fair to them and without proper treatment and support (which can't always be done) just be impossible to be so unwell, for such a long time again.

Unfortunately most people don't understand the awful experience of HG. Most think it's just like normal morning sickness, a slightly worse or prolonged morning sickness or any type of normal sickness actually, BUT I wish, with all my heart and every bone in my body people would really get it. It's SO, SO very different to both of the above. Imagine having a severe stomach bug or "normal" morning sickness just double, triple, more.... I wish there was a way it could be explained properly. When I think back (as most H G sufferers do with horrible flashbacks) I can only say; it can't be right, or even ok, to be THAT sick for THAT long!! A serious sickness bug makes most people go to the doctors, some end up in hospital. Most bugs (and im talking severe stomach bugs here, puking 24/7) last what? 2-3 days, maybe a little more..well how on earth can 150 days of severe sickness like that not do some serious damage to your body??? And that's just half way through a pregnancy, many (unfortunately most) women that have HG go on through the whole pregnancy.. That is almost 300 days of being so very, very poorly :(Simply cannot be right!! ?