

Table 2. Motherisk PUQE-24 scoring system

Total score: mild ≤ 6 ; moderate 7 to 12; severe ≥ 13 (Scores in brackets)

1. In the last 24 hours, for how long have you felt nauseated or sick to your stomach?				
Not at all (1)	1 hour or less (2)	2-3 hours (3)	4 to 6 hours (4)	More than 6 hours (5)
2. In the last 24 hours, have you vomited or thrown up?				
I did not throw up (1)	1 to 2 (2)	3 to 4 (3)	5 to 6 (4)	7 or more times (5)
3. In the last 24 hours, how many times have you had retching or dry heaves without throwing up?				
None (1)	1 to 2 (2)	3 to 4 (3)	5 to 6 (4)	7 or more times (5)

SOMANZ proposed definitions:

Nausea and vomiting of pregnancy:

Nausea, vomiting and/or dry retching caused by pregnancy, with symptoms commencing in the first trimester without an alternate diagnosis. Severity is based on the PUQE-24 Score (11) [LOE-I].

- Mild: PUQE-24 = 4-6
- Moderate: PUQE-24 = 7-12
- Severe: PUQE-24 ≥ 13

Hyperemesis Gravidarum:

Nausea and/or vomiting caused by pregnancy leading to significant reduction of oral intake and weight loss of at least 5% compared with pre-pregnancy, with or without dehydration and/or electrolyte abnormalities. By definition this condition is considered severe.

All women should be asked about NVP at each visit between 4 and 16 weeks and if present, severity should be assessed by PUQE-24 score, measurement of weight and hydration status.

What is the incidence and natural history of NVP and HG?

Nausea and vomiting are common symptoms of pregnancy with prevalence varying in different parts of the world. A recent meta-analysis of the global prevalence estimated a risk of any NVP of 69% [95% Confidence Interval 67-72%] (12). The average rate of nausea alone was 33% [22-44%] with the majority of women rating their nausea as moderate to severe. In a recent Australian observational study 72% of women reported NVP of which 42% had mild symptoms, 55% moderate and 1% severe (13). Retching has been recognised as a significant and distinct symptom with independent impact on well-being (14).