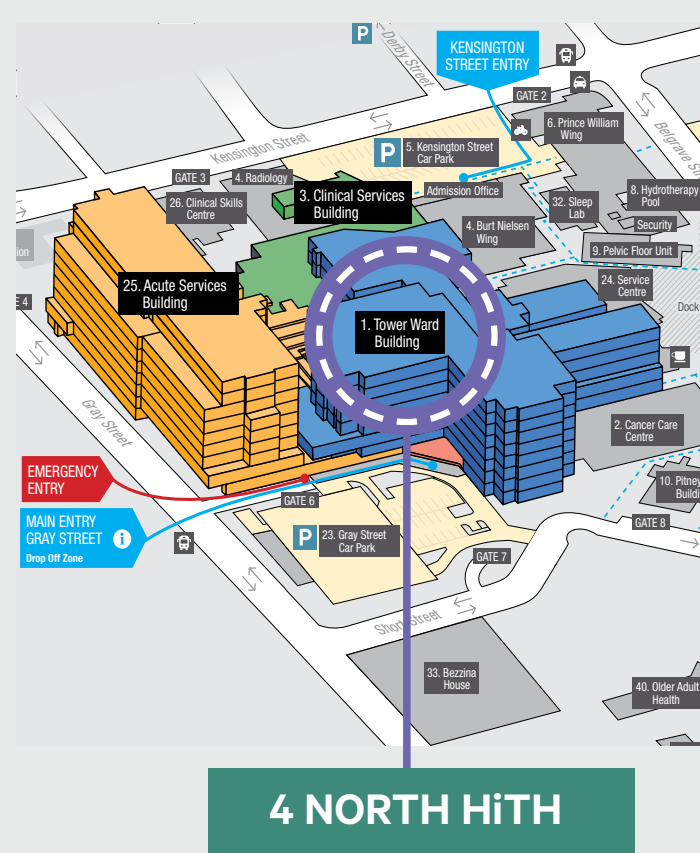


What to do if i need help?

- If your nausea and vomiting symptoms worsen please contact the HiTH team on ph: 9113 2899 Monday to Sunday 07:30-21:00 hours
- For Afterhours contact Hospital switchboard ph: 9113 1111 and ask for the HiTH consultant on call
- If you have any concerns with the pregnancy/ abnormal foetal movement please contact your planned birth team or GP or present to ED.



In Case of an Emergency

If you are having any breathing issues, bleeding, pain or you require urgent assistance please

PHONE 000 IMMEDIATELY AND
ASK FOR AN AMBULANCE.

NSW Health does not tolerate violence towards staff.

Any behaviours of concern will be escalated and may result in the withdrawal of care.



If in Doubt, Reach Out Call HiTH

Between the hours of 8am to 9pm,
telephone the HiTH team on
9113 2899 or 0428 359 591

8:00am – 9:00pm 7 days a week

St George Hospital
4 North, Tower Ward Block
Gray St Kogarah NSW 2217

Produced by St George Hospital and Community Health Service



Reviewed By
St George Hospital
Consumer Advisory Group
Working together



HOSPITAL IN THE HOME

HYPEREMESIS GRAVIDARUM

Nausea & vomiting
in pregnancy

Information for
patients and carers

What is Hospital in The Home?

Hospital in the Home (HiTH) is a service provided by St George Hospital where patients can receive care in their home instead of in the hospital.

It is available for patients who are over 18 years of age and live in the St George area in a home that is safe and suitable for care.

HiTH is available 7 days a week between 8:00am and 9:00pm.

Why would I use HiTH?

- Reduces your need to present to the Emergency department
- Staying at home may reduce your risk of infection
- You can be more comfortable and independent
- May lessen your anxiety around feeling unwell
- May be able to rest and sleep better

Referrals

HiTH receives most of their referrals from the Early Pregnancy Assessment Service (EPAS) who operate 7:30am - 8:30am weekdays.

Referrals from GPs managing your early pregnancy or from your private obstetrician are accepted. These referrals should be referred to HiTH in discussion with the obstetrics team through EPAS (ph: 9113 2667)

Once your symptoms are managed effectively you will be discharged, but you can refer back to the service at any time if symptoms worsen, by calling the HiTH service or alerting maternity healthcare staff.

What treatment will I receive?

If you have been diagnosed with Hyperemesis gravidarum (Nausea/Vomiting in pregnancy) and you have been referred to the HiTH service for management, some of the treatments offered may include:

- Anti-sickness (antiemetic) medications
- Advice on dietary changes
- Intravenous (IV) fluids (fluids by a drip into your vein). IV fluids may be given in your home if appropriate. The IV fluids will be commenced by Nursing staff, and you will be taught how to disconnect these fluids with support from the HiTH Team via a e-Health virtual program (using a phone or smart device for video calls)
- You may be required to come into the HiTH clinic located on Level 4 North for medical reviews and additional treatment
- It is a requirement that patients on the program maintain daily contact with the HiTH staff. This means either a face to face visit or phone call daily.

The aim is to:

- Correct dehydration
- Break the cycle of vomiting that leads to dehydration
- Ensure there is no other medical problem that could be causing the nausea and vomiting.

Will I need to go to hospital?

You may have to be admitted to hospital if you:

- have severe nausea and vomiting and are unable to tolerate any fluids
- have abnormal blood tests
- have considerable amount of weight loss
- have a medical condition such as a heart or kidney problem or diabetes.



Further information

NSW Health website

www.health.nsw.gov.au/kidsfamilies/MCFhealth/pages/hyperemesis-gravidarum

MotherSafe NSW ph: (02) 9382 6070