

PUQE Scoring

In the table below, mark the answer to each question which best describes your own experience, and then use the scores next to each of your answers to give you a final 'score'. By doing this regularly, you can assess the effectiveness of the treatments and your progress. This PUQE score was developed by the Motherisk Program in Canada.

Pregnancy Unique Quantification of Emesis and Vomiting Score (PUQE) – over 24 Hours	
In the last 24 hours, for how long have you felt nauseated or sick to your stomach?	Please circle the one answer
Not at all	1
1 hour or less	2
2–3 hours	3
4–6 hours	4
More than 6 hours	5
In the last 24 hours, have you vomited or thrown up?	Please circle the one answer
I did not throw up	1
1 to 2	2
3 to 4	3
5 to 6	4
7 or more times	5
In the last 24 hours, how many times have you had retching or dry heaves without bringing anything up?	Please circle the one answer
No times	1
1 to 2	2
3 to 4	3
5 to 6	4
7 or more times	5
On a scale of 1–6, how would you rate your nausea and/or vomiting today, if 1 is acceptable and 6 is extremely debilitating?	Please circle the one answer 1 2 3 4 5

