

Pre-pregnancy Care Plan

Before pregnancy/while trying to conceive, I will take:

Treatment	Tick by patient	Tick by GP/script given
Folic acid		
B6/pyridoxine (10 mg 3 or 4 x a day)		
Other		

Once I am pregnant, I want to start taking:

Treatment	Tick by patient	Tick by GP/script given
Cyclizine (50 mg 3 x a day)		
OR Promethazine (Avomine) (25 mg 3 x a day)		
And (continue with) B6/pyridoxine (10 mg 3 or 4 x a day)		
Other		

If my condition still worsens, the following criteria will indicate needing to move on:

Treatment	Preferred route of administration, (delete as appropriate):	Order of preference to try	Tick by doctor and dose/route to prescribe:
Prochlorperazine (Stemetil)	Oral/IM injection		
Metoclopramide (Maxolon)	Oral/IM injection		
Ondansetron (Zofran)	Oral tablets/oral melts/suppositories/injection		
Domperidone (Motilium)	Oral		
Other			
Other			

In addition to anti-emetic medication, I would also like to have an antacid treatment, particularly if my symptoms continue beyond the first trimester.

I would like to try omeprazole/ranitidine (delete as appropriate).

Notes:.....

Indications for requiring IV Fluids/admission to hospital:

Symptom	Indication to move on, tick:	Method of monitoring (delete as required):	Agreed by doctor:
Vomiting preventing intake of oral medication/not responding to medication		Patient reporting	
Ketones in urine		Patient reporting (Ketostix required)/urine tested by surgery	
Weight loss >10% of pre-preg weight		Patient reporting/weighing at surgery	
Fluid intake <500 ml per day, despite medication		Patient reporting	
Urine output <500 ml per day despite medication or not passing urine for more than 12 hours		Patient reporting	
Other			
Other			

Notes:.....
