

This table can help you prepare for an appointment in advance:

Symptoms:	<p>How many times a day are you vomiting?          How much fluid and food have you kept down in 24/hours?          How often are you passing urine?          Have you lost much weight?          What other symptoms are you experiencing, for example, dizziness, headaches, etc?          Is movement, sound, and smell triggering vomiting?</p>
Your concerns:	<p>What are your main worries? That you are severely dehydrated? That you have lost so much weight? That you are bed-bound and getting sores or at risk of DVT? That your baby is at risk from the dehydration and starvation? That you are getting depressed from the isolation and relentless sickness? That you are going to lose your job over this?</p>
Questions:	<p>Is it safer to take medication or not? If you are not being admitted now, then at what point should you be concerned that you need to go to hospital? What signs and symptoms should you look out for that things are more serious? What is the best route for speaking to the GP? Can you email or phone to speak to them? Could you monitor your ketones at home? Are there other medication options and routes, such as, injections, suppository, melts?</p>

Symptoms:	
Your concerns:	
Questions:	