

PUQE INDEX ASSESSMENT				
1. On an average day, how long do you feel nauseated or sick to your stomach?				
> 6hrs (5 points)	4-6 hrs (4 points)	2-3 hrs (3 points)	≥ 1 hr (2 points)	Not at all (1 point)
2. On an average day how many times do you vomit or throw up?				
7 or more (5 points)	5-6 (4 points)	3-4 (3 points)	2-1 (2 points)	None (1 point)
3. On an average day how many times do you have retching or dry heaves without bringing anything up?				
7 or more (5 points)	5-6 (4 points)	3-4 (3 points)	2-1 (2 points)	None (1 point)

PUQE Index Score <6 (mild)
 Stop prenatal vitamins with iron
 Continue folic acid
 Diet/Lifestyle modification
 Avoid triggers
 Consider acustimulation bands
 Ginger as adjunct

PUQE Index Score 7-12 (moderate)
No dehydration – Promethazine or Cyclizine
 or Prochlorperazine or Metoclopramide
Dehydration – Refer Secondary Care

PUQE Index Score ≥13 (severe)
 Refer Secondary Care

[BUMPS Patient Information Sheet](#)