Welcome to the HER Foundation’s support system. We’re glad you found us and joined our community. HER is a 501(c)3 nonprofit that provides support, groundbreaking research, advocacy, and education on hyperemesis. Since 2000, we have been the [leading source of information on HG](http://www.hyperemesis.org/) and have helped hundreds of thousands of families across the globe. HER is the global voice of HG, and we want to teach you how to raise your voice and get the care you need.

**Monitor your symptoms and progress**

1. Download the [HG Care App](http://www.helpher.org/blog/hg-app-release/) on your iPhone and track your symptoms.
2. If you have an Android phone, you can use the [HER HELP Score](http://www.surveygizmo.com/s3/3130193/HELPsm) (the basis for the app) to track symptoms.
3. Communicate with your symptoms to your doctor using the App or emailing your HELP Score results.

Knowing what is going on, what meds are working or not working, what you can consume, how much you vomit, all of this helps your doctor understand how sick you are.

**Talk with your doctor**

1. Have a conversation about [medications](http://www.hyperemesis.org/health-professionals/treatments/med_index.php).
   1. What is the maximum dosage for current meds?
   2. When can you add meds from other categories? Which ones?

*Combining is essential for any relief for many HG moms. Common first meds may include an antihistamine and B6 (daily maximum is 150 mg), Zofran (daily maximum 32 mg), and acid reducers.* <http://www.helpher.org/health-professionals/treatments/med_index.php>

1. Discuss how to manage side effects from medication. For example, a daily stool softener to manage constipation from Zofran.
2. Request vitamins, especially [thiamin](http://www.hyperemesis.org/images/infographics/thiamine.jpeg). HG moms need 50-100 mg/day of thiamin (B1).
3. When receiving an IV, request one of these [IV options](http://www.hyperemesis.org/tools/Downloads/HER%20Protocol%20final.pdf):

* Banana Bag + Vit B6 + Vit B1
* Myer’s Cocktail + 1 ampule MVI
* D5NS or D5LR + 1 ampule MVI + Vit B6 + Vit B1

\*Add as needed: Vit K, Vit D, zinc, selenium, iron, magnesium and calcium

1. Share the HER Foundation [resources, protocols, and assessment tools](http://hyperemesis.org/tools) with your medical team. URL: HelpHER.org/tools.

**Find support**

1. Share our [HG brochure](http://www.hyperemesis.org/blog/wp-content/uploads/2013/09/HERBrochure.pdf) and [this](https://www.facebook.com/HERFoundation/photos/a.10150371676812063/10155963086272063/) list of things to say to you with family and friends.
2. Ask family and friends to take our [CanopyLAB course](https://www.hyperemesis.org/blog/online-hg-courses/) about to support you.
3. Find support from other HG moms. HER has a [Facebook group](https://www.facebook.com/groups/helpHERSupportGroup/) managed by HER volunteers and a monthly [online support group facilitated by licensed clinicians](http://www.helpher.org/blog/her-foundation-online-hg-support-group/). All of these volunteers are HG survivors.
4. Read our [survival guide](https://www.hyperemesis.org/blog/hyperemesis-gravidarum-survival-guide/).
5. Follow HER on [Twitter](https://twitter.com/HGmoms), [Facebook](https://www.facebook.com/HERFoundation/), [LinkedIn](https://www.linkedin.com/company/18774817/), [YouTube](https://www.youtube.com/channel/UCbZX_dWDQcppWeAZaq7uAuA), and [Instagram](https://www.instagram.com/hgmoms/) to learn and share content to raise awareness.