

Pregnancy-Unique Quantification of Emesis (PUQE-24) scale

This validated scoring system was created by Motherisk to guide health-care providers in assessing the severity of nausea and vomiting of pregnancy (NVP). Determining the severity of NVP using the PUQE-24 score may help guide management, and it can be repeated to assess change over time.

In the last 24 hours, how long have you felt nauseated or sick to your stomach?

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?

7 or more
times
(5)

5 - 6 times
(4)

3 - 4 times
(3)

1 - 2 times
(2)

I did not throw
up
(1)

In the last 24 hours, how many times have you had retching or dry heaves without bringing anything up?

No time
(1)

1 - 2 times
(2)

3 - 4 times
(3)

5 - 6 times
(4)

7 or more
times
(5)

Add the scores (in brackets) from each question to determine severity:

4 - 6

MILD NVP

7 - 12

MODERATE NVP

13 - 15

SEVERE NVP

References

1. Ebrahimi N, Maltepe C, Bournissen FG, Koren G. Nausea and vomiting of pregnancy: using the 24-hour Pregnancy-Unique Quantification of Emesis (PUQE-24) scale. *Journal of obstetrics and gynaecology Canada*. 2009 Sep 1;31(9):803-7. Available from: [https://www.jogc.com/article/S1701-2163\(16\)34298-0/pdf](https://www.jogc.com/article/S1701-2163(16)34298-0/pdf)
2. Hada A, Minatani M, Wakamatsu M, Koren G, Kitamura T. The Pregnancy-Unique Quantification of Emesis and Nausea (PUQE-24): Configural, measurement, and structural invariance between nulliparas and multiparas and across two measurement time points. *InHealthcare* 2021 Nov 15 (Vol. 9, No. 11, p. 1553). MDPI.