



The Pregnancy Book

Your complete guide to:

A healthy pregnancy

Labour and childbirth

The first weeks with your new baby

The Department of Health would like to thank all those involved in shaping the updated edition of *The Pregnancy Book*, including the mothers and fathers, medical and health professionals, and the many individuals and organisations. In particular, the Department extends thanks to:

Community Practitioners' and Health Visitors' Association
Department for Children, Schools and Families
Department for Work and Pensions
Food Standards Agency
NCT
National Institute for Health and Clinical Excellence
Royal College of Anaesthetists
Royal College of General Practitioners
Royal College of Midwives
Royal College of Obstetricians and Gynaecologists
Royal College of Paediatrics and Child Health
UK Medicines Information
Sheena Byrom, Jill Cooper, Anne Edington, Dr David Elliman, Kathryn Gutteridge, Sue Henry,
Dr Judy Shakespeare and Dr Helen Scholefield.

This book is given free to all expectant mothers.

Every effort has been made to make this book reflect the most up-to-date medical advice at the time of publication. Because developments can be very rapid, significant changes will always be notified to doctors and other health professionals at once. They will then be incorporated into the text for the next reprint.

The information on rights and benefits is correct at the time of going to press but may change and should be checked against the latest information.

© Crown copyright 2018

Reproduced by the Public Health Agency with permission from the Department of Health.
Design and layout by the Rafferty Consultancy.
Cartoons by Alex Hallatt. Medical illustrations by Anne Wadmore and Florence Woolgar.

The photographs have been reproduced with the permission of the following:

Alamy – front cover (bottom left), 1, 2 (bottom), 4 (middle left), 10, 13 (top and bottom), 14 (bottom), 15 (middle left and bottom right), 17 (top), 18, 28, 45 (top and bottom), 52, 49 (middle left), 56, 53, 65 (bottom), 71 (top), 72 (bottom), 73 (top), 74, 72 (top left and bottom), 75 (top), 76 (bottom), 78 (bottom), 89 (middle), 90 (top and middle), 94 (bottom), 95 (bottom), 99 (bottom), 101 (top and bottom middle), 107 (top), 110 (bottom left), 118 (top), 121 (middle right), 129, 134 (bottom), 137 (bottom), 142 (bottom middle), 144 (middle), 145 (top), 155, 156 (top), 161, 162 (top); **Banana Stock** – 146 (bottom); **Bubbles Photo Library** – 89 (top); **Corbis** – front cover (middle), 93 (bottom right), 147 (middle); **Department of Health** – 2 (top), 4 (bottom left), 15 (bottom), 33 (top right), 34 (bottom), 40, 41, 47 (top), 49 (top and bottom middle), 50 (middle), 51, 53 (bottom right), 57, 59, 61 (top), 65 (middle), 72 (top), 73 (bottom right), 70 (bottom), 71 (middle), 73, 74, 78 (middle), 79 (top), 81 (bottom), 86 (middle), 87 (top), 88 (top), 91 (top), 92 (top and middle right), 94 (middle left), 96 (top), 97, 99 (top), 102 (top), 103 (top middle and bottom), 106 (top), 109 (bottom left), 110 (top right), 111 (top and middle), 114 (top and middle), 115, 120 (middle and bottom), 121 (bottom), 126 (middle right), 127 (bottom), 128 (top left), 130, 131, 134 (top right), 136, 141 (bottom right), 142 (middle right), 152 (top), 156 (bottom middle), 158 (top), 172 (bottom), 176, 177; **Digital Vision** – 38, 113; **Dreamstime** – 5 (top), 71 (bottom); **East Essex Hospital** – 72 (top right); **The Food Standards Agency** – 30 (middle); **Getty Images** – front cover (top left), 15 (top middle), 16 (top right), 17 (middle left), 49 (middle), 53 (top), 66 (top), 73 (bottom left), 71 (top), 83, 91 (bottom middle), 94 (top), 98 (top), 101 (bottom right), 122, 124, 127 (top), 137 (top), 141 (bottom middle), 147 (bottom), 148 (top); **Harlow Printing** – 123; **Image Source** – 3, 13 (middle right), 92 (middle); **Ingram Publishing** – 32, 33 (top middle), 34 (top), 43 (top), 111 (top left and bottom), 117, 118, 139 (middle left) 141; **Istock Photo** – front cover (top right), 4 (top right and bottom right), 5 (middle right and left, bottom), 6, 7, 8, 9, 13 (middle left), 14 (middle left), 16 (top left), 17 (middle right), 29, 30 (bottom), 34 (middle left), 39, 42, 43 (bottom), 47 (middle), 48, 49 (middle left), 50 (bottom), 53 (bottom left), 54 (middle), 61 (bottom), 62, 64, 65 (top), 66 (middle and bottom), 67, 68 (top and bottom), 69, 70, 70 (top), 75 (bottom), 76 (top), 79 (middle and bottom), 81 (top), 82, 84, 85, 86 (top and bottom), 87 (bottom), 88 (middle and bottom), 90 (bottom), 91 (middle right and bottom left), 93 (top and middle left), 96 (middle and bottom), 98 (middle and bottom), 100, 103 (top right), 105 (middle), 106 (bottom), 108, 109 (top), 114 (top left), 118 (bottom), 119, 120 (top), 121 (top), 126 (top), 128 (top right), 132, 133, 134 (top left), 135, 138, 139 (top and middle right), 140, 143, 144 (top and bottom), 146 (top and middle), 147 (top), 148 (bottom), 149, 150, 151, 152 (bottom), 154, 156 (bottom right), 157, 158 (bottom), 159, 160 (top), 162 (middle), 163, 166, 167, 170, 171, 172 (top), 173, 174, 175; **Italia Stock** – 49 (bottom left); **Jupiter Images** – 128 (bottom); **Masterfile** – 16 (bottom); **The Meningitis Trust** – 145 (bottom); **Photo Library** – 37; **Q Box – GU** – 35–36; **Science Photo Library** – 24, 25, 26; **Shutterstock** – front cover (bottom right), 125; **Superstock Images** – 68 (middle), 101 (middle left); **Unicef** – 95 (top).



The Pregnancy Book

Your complete guide to:

A healthy pregnancy

Labour and childbirth

The first weeks with your new baby

your complete guide

pregnancy



INTRODUCTION	4	5 YOUR HEALTH IN PREGNANCY	29
YOUR PREGNANCY AT A GLANCE	5	What should you eat?	29
1 BECOMING PREGNANT	10	Foods to avoid	31
Male sex organs	10	Preparing food	31
Female sex organs	11	Vitamins and minerals	32
The female monthly cycle	12	Vegetarian, vegan and special diets	33
Conception	12	Alcohol	35
Hormones	13	Smoking	36
Boy or girl?	13	Pills, medicines and other drugs	38
The best time to get pregnant	14	Illegal drugs	38
Twins, triplets or more	14	X-rays	39
The signs of pregnancy	15	Keeping active	39
Pregnancy tests	15	Infections	41
2 NOW YOU ARE PREGNANT	16	Inherited conditions	44
Your booking appointment	16	Work hazards	44
Questions at the booking appointment	17	Flying and travel	44
Where to have your baby	17	6 ANTENATAL CARE	45
Birth plans	19	Antenatal appointments	46
Help for young mums	20	Early antenatal appointments	49
3 HOW YOUR BABY DEVELOPS	22	Regular checks at every antenatal appointment	50
Measuring your pregnancy	22	Appointments in later pregnancy	51
Week 3	22	Blood tests	51
Weeks 4–5	22	Ultrasound scans	53
Weeks 6–7	23	Tests to detect abnormalities	54
Weeks 8–9	23	Tests for Down's syndrome and other genetic disorders	55
Weeks 10–14	24	Diagnostic tests for Down's syndrome and other genetic disorders	56
Weeks 15–22	24	If a test detects an abnormality	56
Weeks 23–30	25	Making the most of antenatal care	57
Weeks 31–40	25	Your antenatal team	59
4 GETTING TO KNOW YOUR BABY	26	Antenatal education/parentcraft	61
Baby brain development	26	7 CONDITIONS AND PROBLEMS IN PREGNANCY	63
Saying 'hello' to your baby	26	Common minor problems	63
Looking after yourself	27	More serious problems	72
A warm welcome after birth	27	8 FEELINGS AND RELATIONSHIPS	75
What your newborn baby can do	27	Feelings	75
Having conversations with your baby	28	Depression and mental health problems	76
Dads	28	Worrying about the birth	77
		Concerns about disabilities	77
		Couples	78
		Sex in pregnancy	78

	Single parents	79		The 'baby blues' and postnatal depression	136
	Family and friends	80		Your postnatal check	136
	Work	80			
	After the birth	81	14	THE EARLY WEEKS: YOUR BABY	137
	Mood changes that can develop after the birth of a baby	81		Enjoying your baby	137
	Domestic abuse	83		Registering the birth	138
	Bereavement	84		Crying	138
9	LABOUR AND BIRTH	85		Sleep	140
	Getting ready	85		Changing your baby	142
	The signs of labour	87		Washing and bathing	144
	Types of pain relief	88		Illness	145
	When to go to hospital or your midwifery-led unit	90		Getting support	146
	Arriving at the hospital or midwifery-led unit	91	15	BABIES WHO NEED ADDITIONAL CARE	147
	What happens in labour	92		Why babies need additional care	147
	Special cases	96		Contact with your baby	148
	Twins, triplets or more	100		Feeding	148
	What your birth partner can do	101		Incubators	148
10	FEEDING YOUR BABY	102		Newborn babies with jaundice	149
	Breastfeeding	103		Babies with additional needs	149
	What Dads should know about Breastfeeding	114	16	THE LOSS OF YOUR BABY	150
	Formula feeding	115		Ectopic pregnancy	151
11	THE FIRST DAYS WITH YOUR BABY	120		Miscarriage	151
	How you feel	121		Stillbirth and neonatal death	153
	Postnatal care	122	17	THINKING ABOUT THE NEXT BABY?	154
	Stitches	122		It takes two	154
	Bleeding	123		Folic acid	154
	Sex and contraception	123		Things to consider	155
	Your body	123	18	RIGHTS AND BENEFITS	156
	Your baby's health	124		Tax credits	158
	Your baby's appearance	124		Benefits if your income is low	159
12	WHAT YOU NEED FOR YOUR BABY	127		Maternity benefits	163
	Nappies	127		If you are unemployed	166
	Bathing	128		Maternity leave	167
	Sleeping	129		Rights during maternity leave	168
	Out and about	130		Returning to work	169
	In the car	130		Other employment rights	170
	Feeding	131		Other types of leave	171
	Clothes	131		Your rights under sex discrimination law	174
13	THE EARLY WEEKS: YOU	132		Glossary of useful terms	176
	Partners	132		Useful organisations	180
	Help and support	133		Index	187
	Looking after yourself	133			
	Your relationships	134			

