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Thinking about the next baby?

Holding your new baby in your arms, it may be impossible to imagine that you will ever have the energy to go through it all again! But sooner or later, you may decide that you want another child.

This chapter explains how you and your partner can create the best possible circumstances for your next pregnancy.



It takes two

You will increase your chances of getting pregnant if you are in good health – and that applies to men too. A bad diet, smoking, drinking and unhealthy working

conditions can affect the quality of sperm and stop you getting pregnant. You should both try to make your lifestyle as healthy as possible before you try to conceive.

You will need a bigger dose of folic acid that requires a prescription if:

- you already have a baby with spina bifida;
- you have coeliac disease;
- you have diabetes;

Finding it hard to get pregnant?

It can take several months or more to get pregnant, even if it happened really quickly the first time.



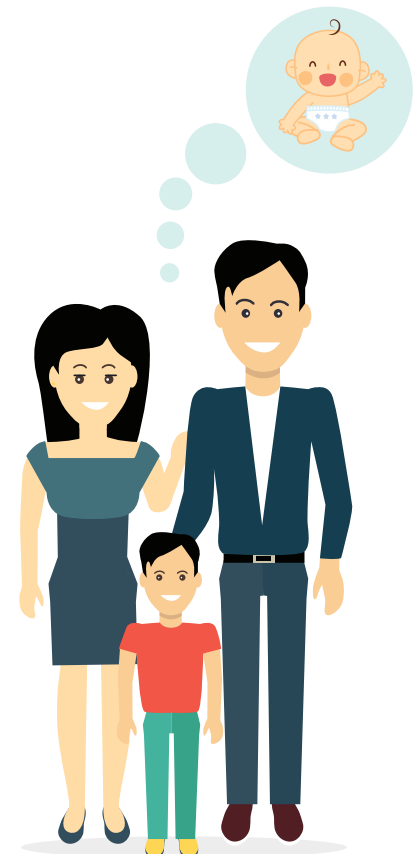
Chapter 1 (page 10) explains when is the best time of the month to have sex if you want to get pregnant. If you are still not pregnant after a few months, talk to your doctor or family planning clinic.

Chapter 5 has advice about diet, smoking, alcohol and exercise, which can help you to conceive.

Folic acid

Women should take 400 micrograms of folic acid from the time they start trying to conceive right up until they are 12 weeks pregnant. You can get these tablets from a supermarket or pharmacist. Eat foods that contain this important vitamin as well.

These include green, leafy vegetables, and breakfast cereals and breads with added folic acid.



- you are obese;
- you take anti-epileptic medicines.

Ask your GP for advice as well.

Things to consider

Rubella (German measles)

Rubella in early pregnancy can damage your developing baby. If you were not immune during your last pregnancy, you should have been offered a two-dose measles, mumps and rubella (MMR) immunisation after your baby was born. Before trying for another baby, it is important to check if you are immune by having a blood test. The blood test will measure if you have enough protection (antibodies) against rubella. Women with low or uncertain levels of antibodies can be immunised again.

If you have evidence you have had two MMR vaccines in the past you will not need to have further doses even if your test says you are non-immune.

Your weight

Maintaining a healthy weight can improve your chances of getting pregnant. You may have put on weight during your last pregnancy and want to go back to your normal size. This is particularly important if you weigh more than 100kg. The best way to lose weight is by following a balanced low-fat diet and taking exercise. It might



help to join a slimming class with a friend or your partner to encourage and support you. Speak to your doctor if you need help or advice.

Long-term conditions, medicines and drugs

Some medicines can harm a baby in pregnancy but others are safe.

If either you or your partner has a long-term illness or disability and has to take long-term medication, talk to your doctor about any possible effects on fertility or pregnancy.

Check with your doctor, midwife or pharmacist before you take

any over the counter drugs. Illegal drugs will affect your ability to conceive and can damage your baby's health.

Diabetes

All women with a history of diabetes (Type 1, Type 2 and gestational) during pregnancy will be advised in the postnatal period of the importance of planning future pregnancies and ensuring that their diabetes is well controlled before they get pregnant. All trusts have pre-pregnancy diabetes clinics in place to assist women with this. All women with diabetes should be made aware of the website www.womenwithdiabetes.net



Epilepsy

If you have epilepsy, talk to your doctor before you try to get pregnant. Pre-pregnancy clinics for women with epilepsy are available to help you get ready for pregnancy.

Postnatal depression and postpartum psychosis

If you have previously experienced postnatal depression or postpartum psychosis, talk to your doctor before you try to get pregnant.

Sexually transmitted infections (STIs)

STIs can affect your health and your ability to conceive. If there

is any chance that either of you has an STI, it's important to get it diagnosed and treated before you get pregnant. STIs, including HIV, herpes, chlamydia, syphilis, gonorrhoea, hepatitis B and hepatitis C, can be passed on through sex with an infected person, especially if you don't use a condom. Some STIs can be transmitted during sex without penetration. HIV, hepatitis B and hepatitis C can also be passed on by sharing equipment for injecting drugs.

If you are HIV positive, you can pass the virus on to your baby during pregnancy, at birth or when breastfeeding.

Vaginal birth after a caesarean section

Many women who have had a caesarean section can have a vaginal delivery for their next baby. This depends on why you had a caesarean section the first time. Your obstetrician will be able to advise you. Most women who are advised to try for a vaginal delivery in subsequent pregnancies do have normal deliveries.

