

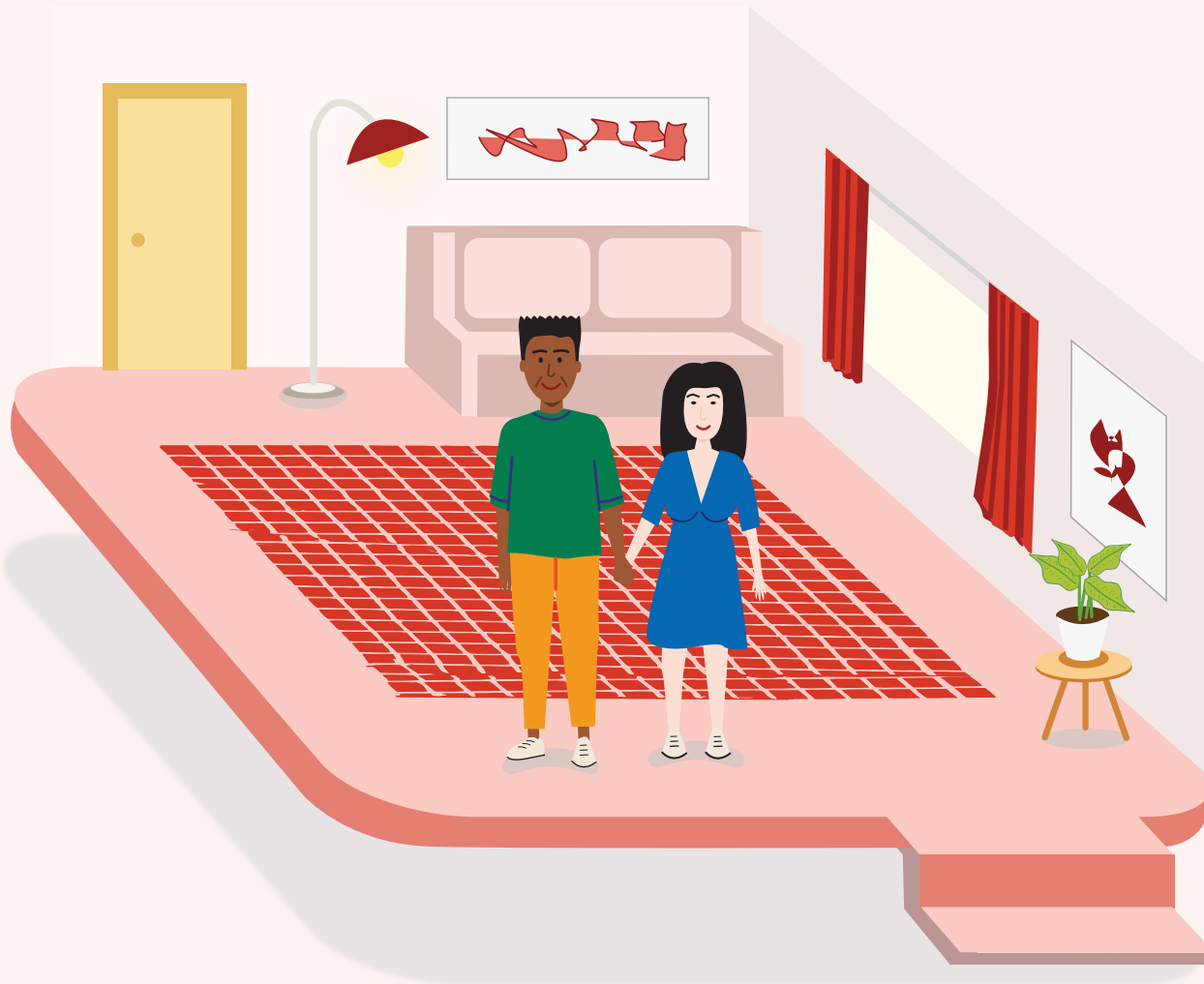
# Family Planning

## with **Crohn's** and **Colitis**

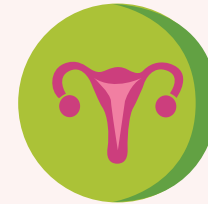


# Before getting pregnant...

**If your Crohn's or Colitis is well controlled when you become pregnant, it is more likely to stay inactive during your pregnancy.**



Try to consult a health professional if you're thinking of starting a family.



Crohn's and Colitis have very little effect on your chances of getting pregnant.



Being in the best health you can be before getting pregnant can increase the chances of having a healthy pregnancy.



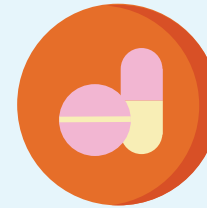
There may be periods of time when sex can be tricky. With the right management and treatment most women will have the opportunity to start a family.

# During Pregnancy ...

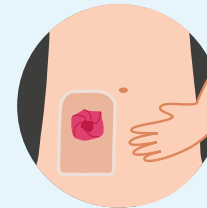
**Most women with Crohn's or Colitis go on to have very normal pregnancies. Involvement of health care professionals from the very beginning increases the chances of a healthy woman and baby.**



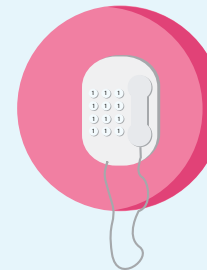
Genetics can be a concern for lots of people but the chances of passing on Crohn's or Colitis are relatively low.



Most medications used to control Crohn's or Colitis are safe to take during pregnancy, but you should always check with your doctor.



If you have a stoma, you may notice it changes shape during pregnancy. You can ask your stoma nurse for help with any adjustments. Vaginal deliveries are possible for women with IBD including women with a stoma.



Support and guidance is available throughout your pregnancy. Don't hesitate to call your local IBD specialist for advice or reassurance.

# Raising a family ...

Having a long term condition and raising a family can take its toll.  
We are here to support you through every step of the way.



If you have friends and family it's okay to ask for help from those close to you.



Too much stress can have a knock on effect to both your physical and mental health. If you feel overwhelmed there is support available.



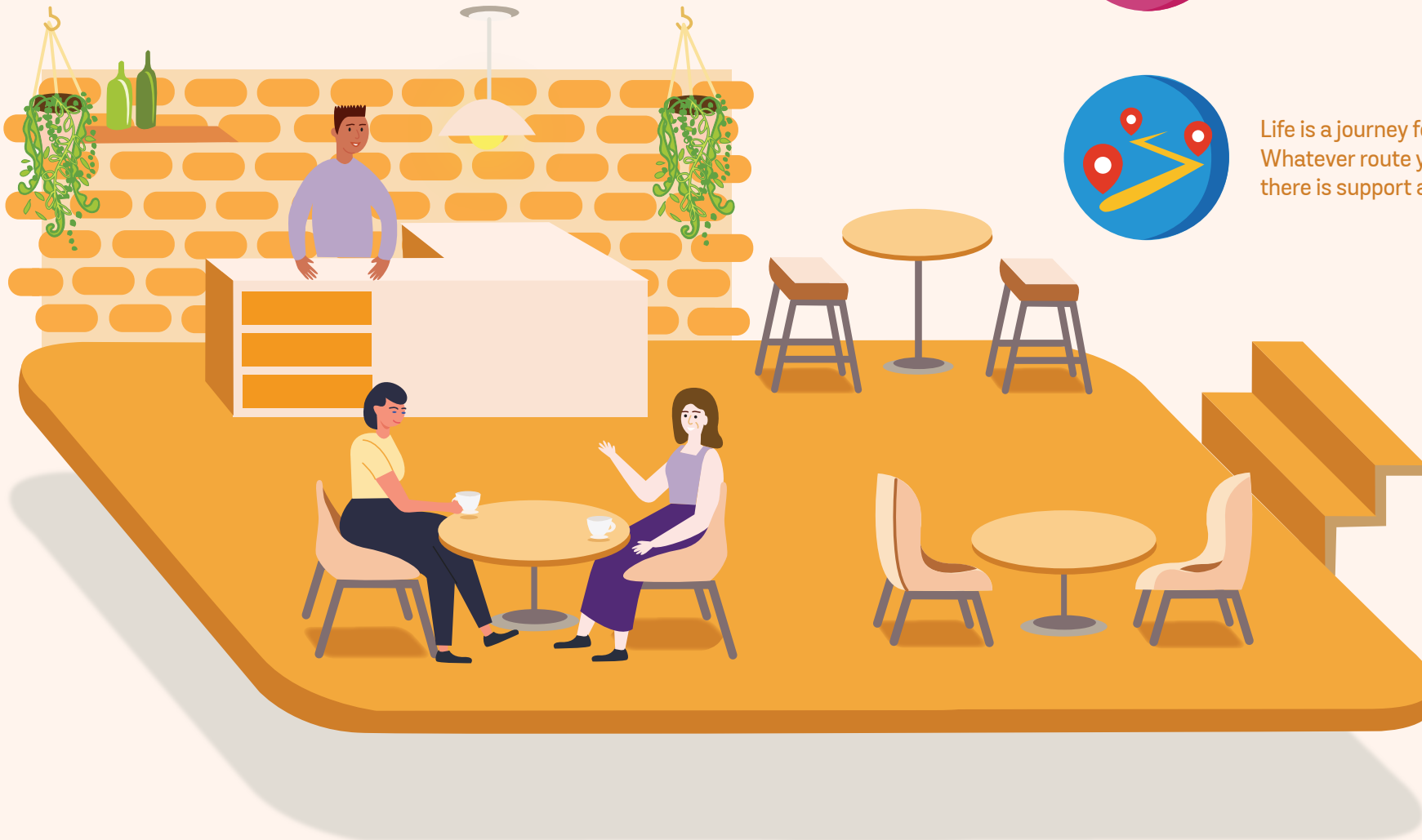
Most medications for Crohn's and Colitis are safe to continue whilst breastfeeding. Your IBD nurse can give you advice on which medications, if any, should be started or stopped.



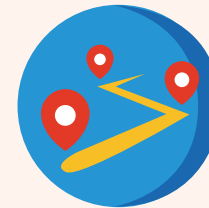
Crohn's and Colitis can make you very tired at points, and having a family to look after won't always help! Make sure you take time to recover and/or reach out for support.

# Focusing on you...

Not everyone chooses to try for a family, and there are often a variety of reasons why some people with Crohn's and Colitis might not have a family. For many this is a personal choice.



Some women choose not to have children for all sorts of reasons. The decision is yours to make.



Life is a journey for everyone. Whatever route you take, just know that there is support and guidance throughout.

*Reflections ...*



*Whatever your choice  
come and talk to us.*

