




Okay well... I suppose there's two areas I'm anxious about. Life changes, and how the baby's health will be.




So, the obvious thing is, am I going to be able to conceive and carry a baby with my stoma bag? Will the baby be okay, but also, will I be okay too? I don't want to become unwell.



And delivery- is C-Section better or am I supposed to give birth vaginally? CAN I give birth vaginally? What if I get really bad flares and can't move? I want to have a plan for all these scenarios.




Plus- what if I pass IBD onto our child? It can't be helped if that happens, but I'm scared of the guilt- and you know I didn't get diagnosed until I was 26, but I started getting symptoms at age 18. I don't want to miss the signs and put our child through any pain.



And it kind of feels like- like I've had nobody tell me about this part of pregnancy. Does that mean I'm worried about nothing? Or am I supposed

to research all of this by myself, and what if I get it wrong or what if they don't listen to me
or what if-
or what if-
or what if-



"Suyin- darling, pause and take a breath with me."



First of all- you're incredible, and you're going to be an incredible mum. With flares and without. No doctor can check for that, it's just fact.



Second, you're saying 'I' a lot. This is going to be a massive change of course, but you won't be going through it alone. You've got me! And our friends, our families, our doctors.



See, even Marshmallow agrees!



And thirdly, thank you so much for telling me this.





It's one thing for me to get you cups of tea, read information on the Crohn's & Colitis UK website and drive you to the doctors-



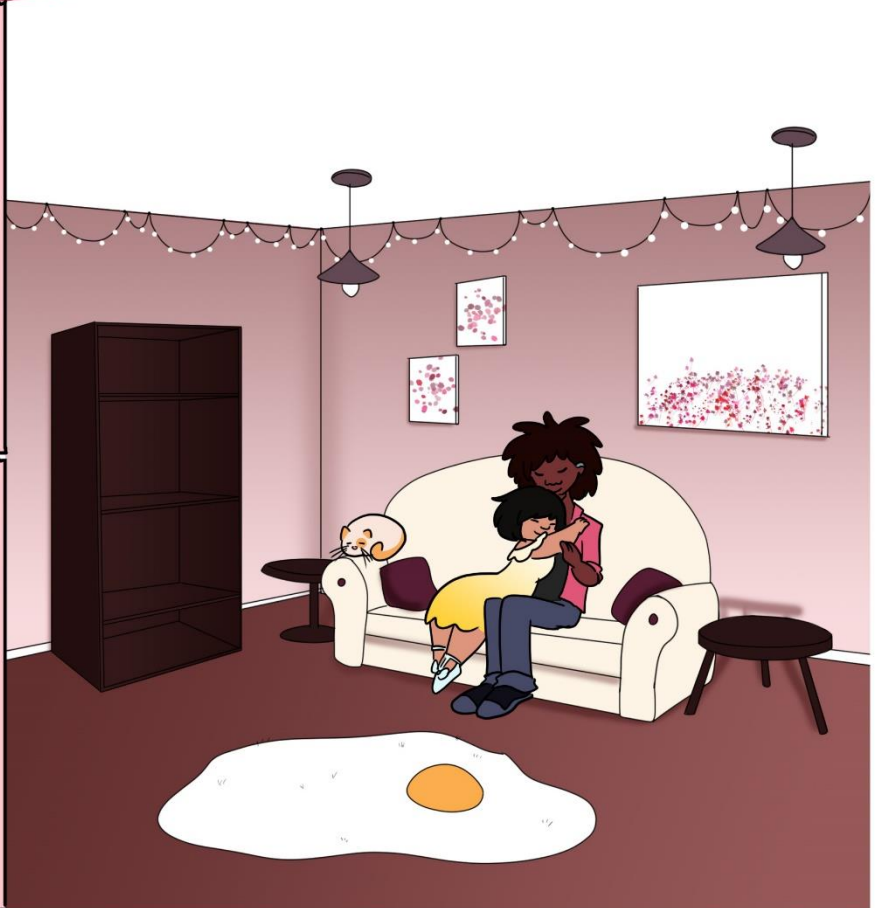
-it's another to be the one going through all of this. It's a perspective I'm never going to truly understand but I want to at least TRY to understand.



You're absolutely spectacular and I love you. Even if I don't understand what IBD is like or how it will be while pregnant, we'll still make this the best experience possible. We're a team! So tell me all your thoughts, your feelings, your worries. I want to hear them all, so I can educate myself for you, us, and our baby.



Does that sound okay?



Sounds like a plan.

