

I've just got to balance  
so many things now

My diet, my medications,  
my social life- ALL while worrying  
that a sudden flare up will  
happen and ruin  
everything.

And I know I'm still  
young but, what if...  
What if this stops me  
having a family  
in the future?

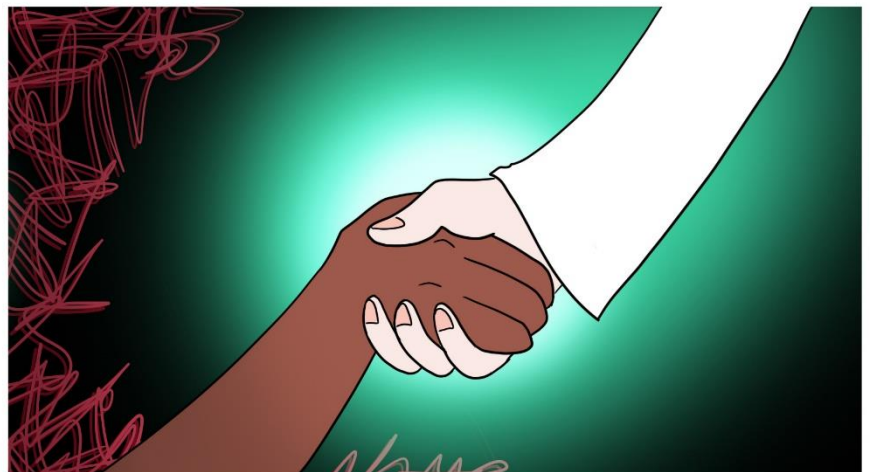
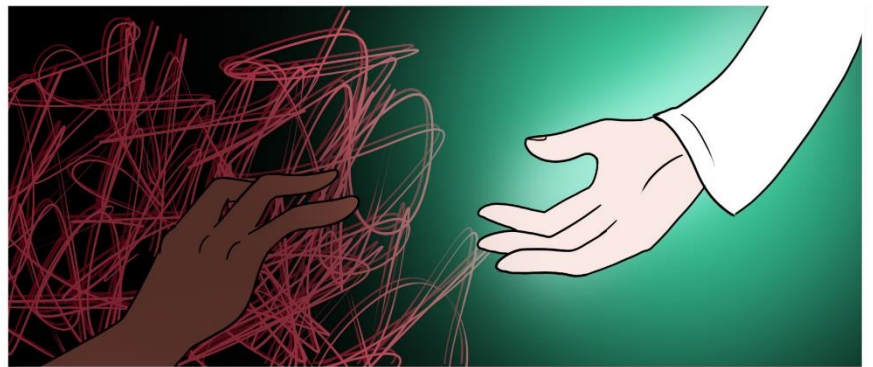
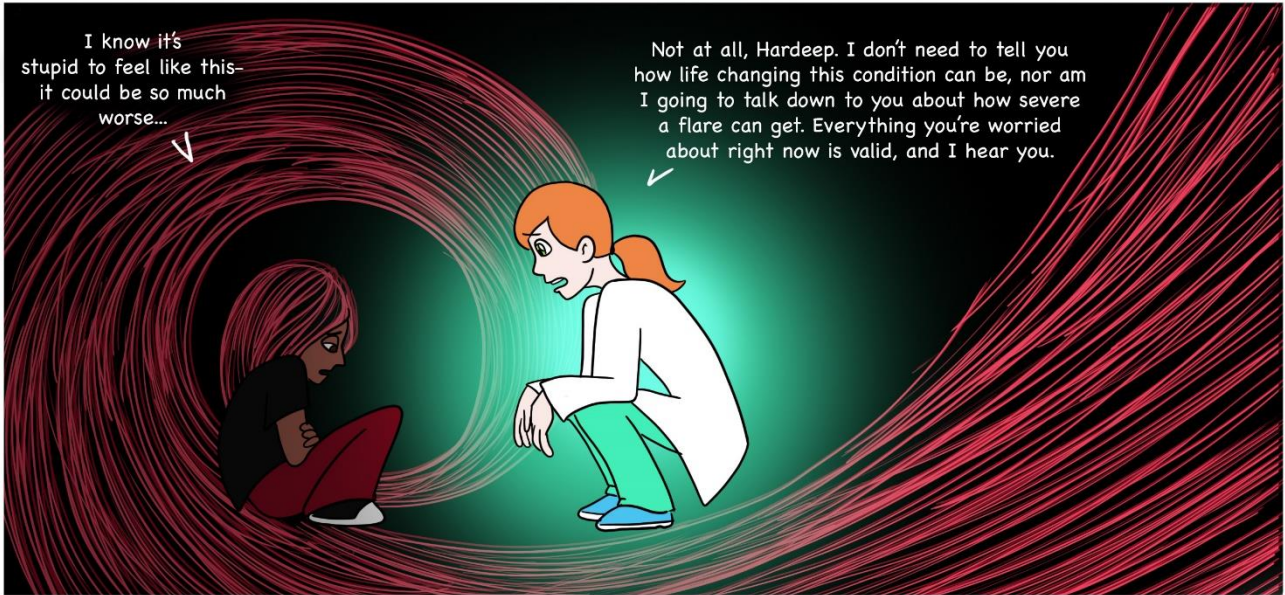
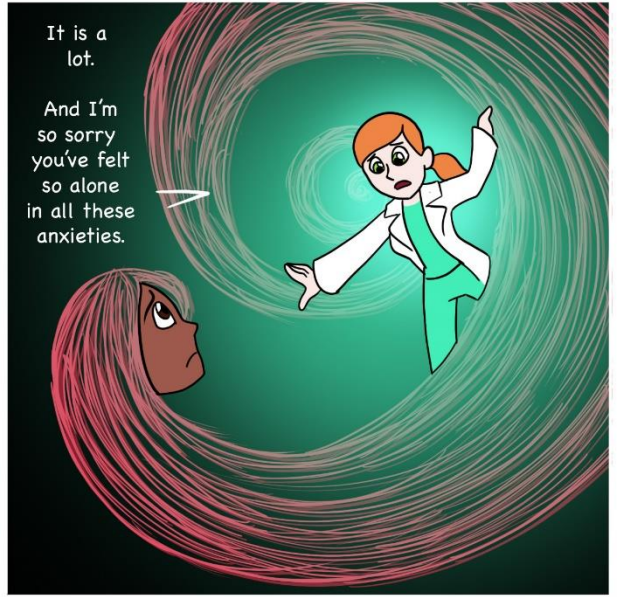
I don't even know  
if I want to HAVE a  
family at all, but just...

The thought that even  
the choice could be taken  
away from me by something I  
never asked to have...  
I don't know.

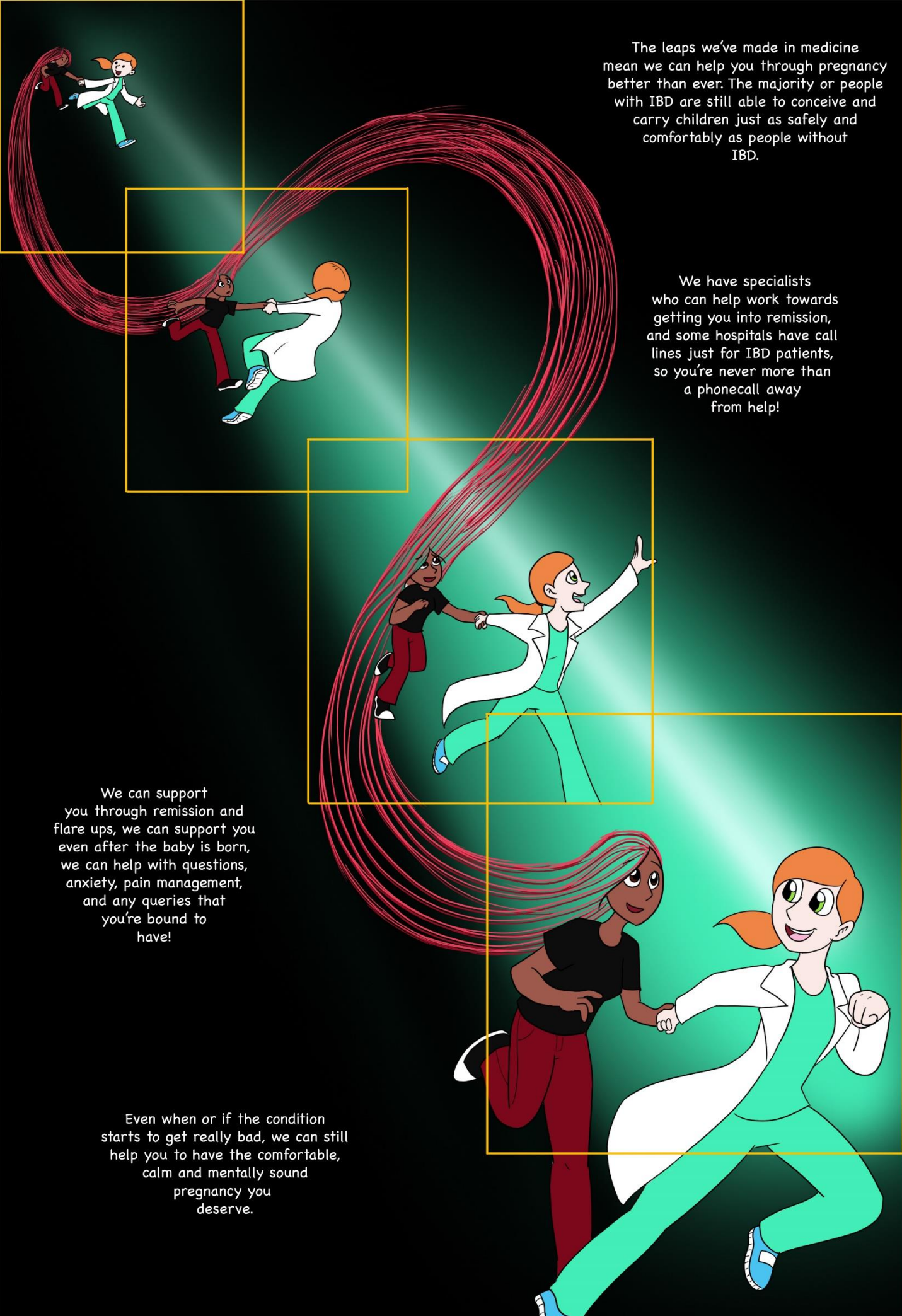
I already feel so out of control in my own body,  
the thought of having pregnancy controlled by IBD too...

It's just a lot...









The leaps we've made in medicine mean we can help you through pregnancy better than ever. The majority of people with IBD are still able to conceive and carry children just as safely and comfortably as people without IBD.

We have specialists who can help work towards getting you into remission, and some hospitals have call lines just for IBD patients, so you're never more than a phonecall away from help!

We can support you through remission and flare ups, we can support you even after the baby is born, we can help with questions, anxiety, pain management, and any queries that you're bound to have!


Even when or if the condition starts to get really bad, we can still help you to have the comfortable, calm and mentally sound pregnancy you deserve.

And all of this is JUST if you decide one day to start a family with children. If or when you decide to have a baby, talk to us 12-24 months in advance, and we can work on getting you into remission with medicine, lifestyle changes and treatments. If you have a surprise pregnancy, we can help manage your symptoms and any flare ups too. All we want is to make sure you're well and happy.




A healthy mum has the most opportunities for a comfortable and joyful pregnancy, but even if pregnancy is a challenge, we have the medical advancements now to give you and your baby the best chance of a wonderful life together.





So try not to stress about these thoughts. Easier said than done of course, but you're not alone.



The future isn't always predictable, so let's just focus on how to help you right here, right now. We're here to help, we WANT to help, and we're going to help.