



Good morning, Fauzia!  
Did you sleep well?

Hi Naomi,  
I didn't sleep very well  
I'm afraid...



That's not surprising.  
You were admitted dehydrated  
and severely inflamed last night.



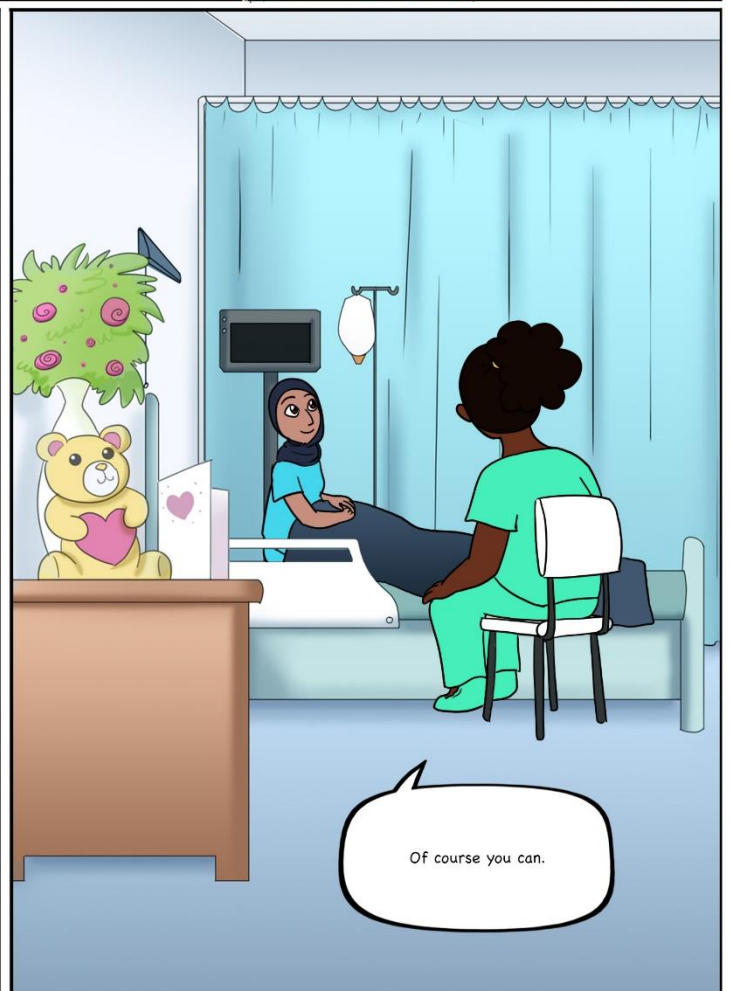
Yeah, that really pushed  
me to finally come in...



Oh?  
Well, how long have you  
been in discomfort?



So...  
Naomi, if you have time, could  
I ask you some questions about  
differentiating between my  
Pregnancy and my Colitis?



Of course you can.



Well, once I found out I was pregnant, I had a few weeks of bloating and digestive pain- which is pretty standard of my mild flare-ups. But as it keptgoing it got more and more painful.

How would you rate the pain on a scale of 1-10?



Most of the time it was a 5. I could still move and do my work, but I got really tired often and it was hard to focus. Some days it was an 8, possibly a 9.

Oh wow. That must have been very difficult to manage.

Yeah, I was going to the toilet maybe 15 times a day, and there was a lot of blood.



Sorry, was this recent or earlier in your pregnancy?

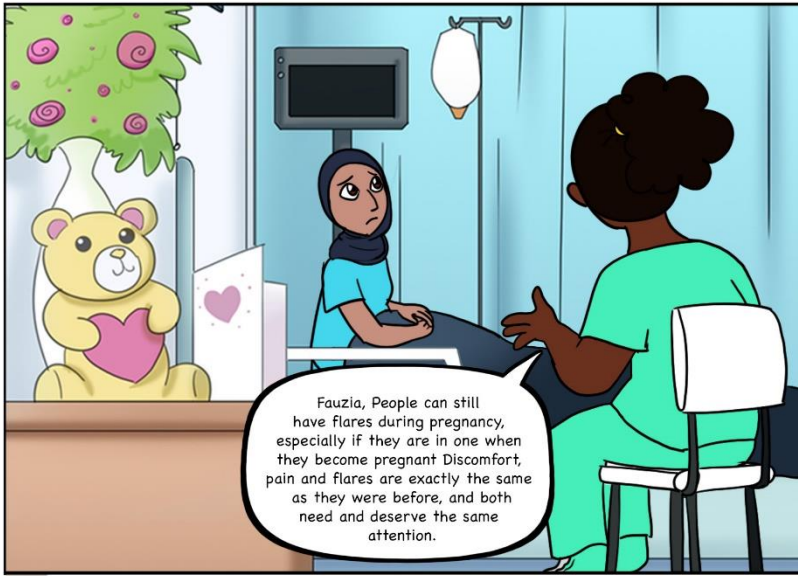
It's been like this for 2 months.

You and your medical team have known you've been pregnant for 3 months. If I may ask, what stopped you from coming to the hospital sooner, dear?

I don't know... I suppose I just assumed this was normal to experience when you live with chronic illness.

I felt like I had to tough it out, otherwise I was being lazy...





Fauzia, People can still have flares during pregnancy, especially if they are in one when they become pregnant Discomfort, pain and flares are exactly the same as they were before, and both need and deserve the same attention.



I know, I know... Ha, I feel rather silly now...



No you've been great! I really appreciate all you've done.

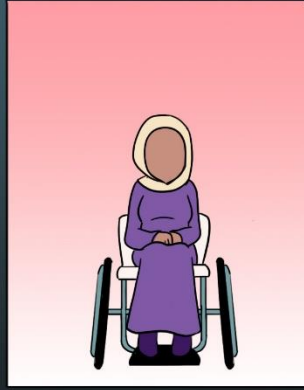
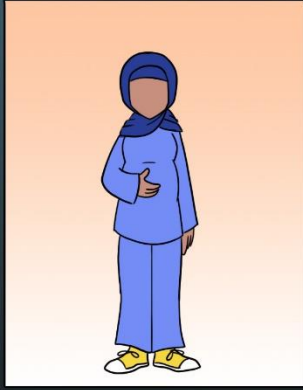
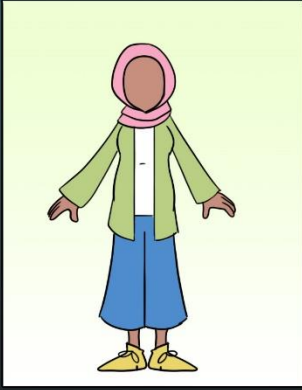
You're not silly at all. It sounds to me like we've failed to properly inform you of how your pregnancy and Colitis may interact.



Still, clearly we haven't explained the difference between pregnancy discomfort and Colitis discomfort. If you like, we can talk about that now.



Well... okay then. When should I be concerned about my Colitis symptoms during pregnancy?



Just like how your Colitis experience will be different from everyone else's, so will your experience of the disease while pregnant.

Essentially, it all boils down to how you're feeling in your own body. If you know that the bloating hurts but won't affect your day, take it easy and do your best.

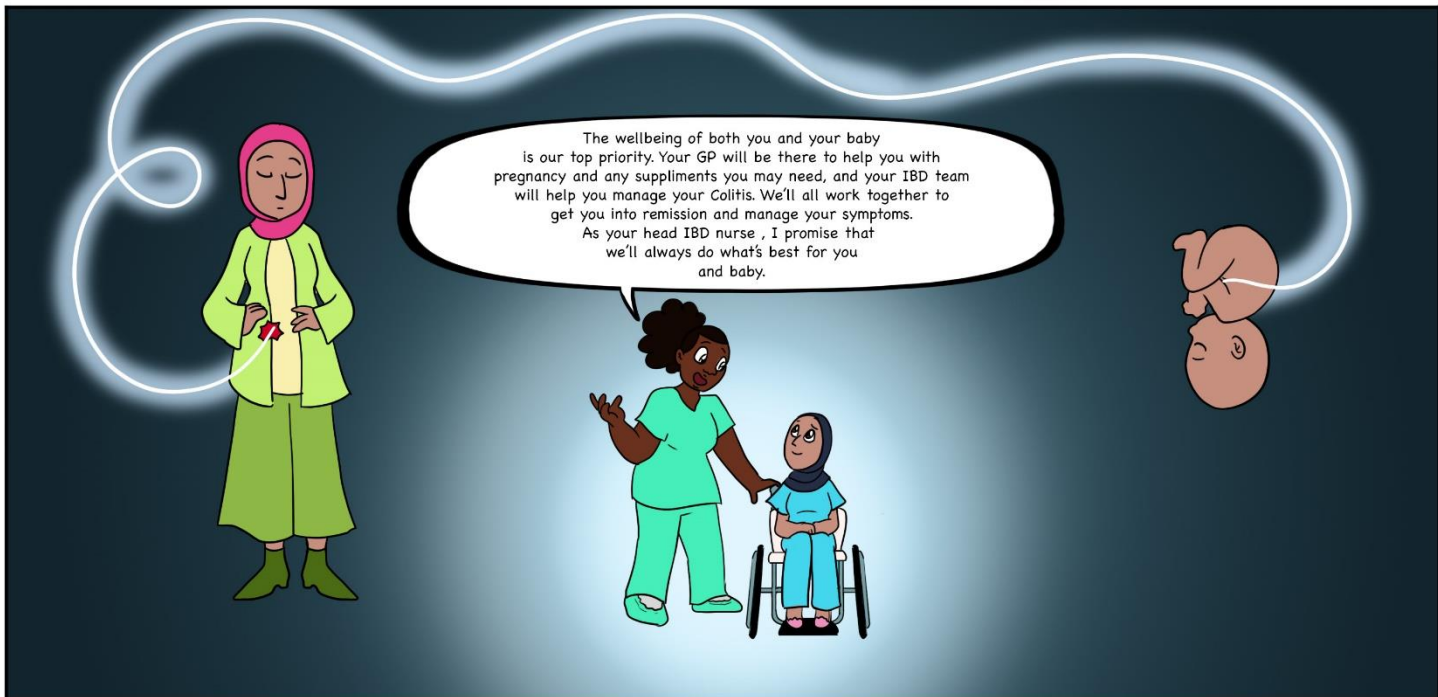
But if you're curled up in agony and it won't stop, that's when you seek medical advice and help. Call 999, a trusted family member or friend, and do your best to get to the hospital.



I was self medicating a lot without seeking advice, since it just felt like this all was just pregnancy taking a toll on my body. I wanted a semblance of control.

I exercised more to boost my energy, and was only eating 'clean' foods'. Things like plain rice, crumpets, no spices or seeds.

It helped my bloating a little, but I'm worried about the baby getting enough nutrition.



The wellbeing of both you and your baby is our top priority. Your GP will be there to help you with pregnancy and any supplements you may need, and your IBD team will help you manage your Colitis. We'll all work together to get you into remission and manage your symptoms. As your head IBD nurse, I promise that we'll always do what's best for you and baby.

