
Pre-existing conditions and pregnancy

It is important to tell your GP, obstetrician and/or midwife about any pre-existing physical or mental health conditions. This also includes any previous surgery (including cosmetic procedures) or any childhood conditions or health problems which you have now recovered from. This information helps the team assess if anything further is needed to keep you and your baby healthy during the pregnancy.

If you are under specialist care for your medical condition, it is important that you speak to them and discuss any impact your condition may have on your pregnancy. Ask them for a summary and for this to be written in your antenatal notes.

Notes don't automatically move between hospitals and/or departments, so don't presume that your midwife or doctor knows what your previous carers have said or recommended.

**Please do not stop, or change, any medications
without medical advice.**

Conditions we need to know about early (before 12 weeks) include:

High blood pressure

You may need to start a small dose of medication as a preventative against a condition called pre-eclampsia.

Epilepsy

Certain medications may need to be stopped and changed to an alternative before you become pregnant, or as soon as possible if you're already pregnant, due to the risks they pose to your baby. Some other medications need to be increased.

Diabetes

Your blood sugar levels will need to be closely monitored as your medication requirements are likely to change.