



Pahlajanis'

Women's hospital

Are you prepared for pregnancy?

All you need to know before planning
your pregnancy.



PRE-CONCEPTION PLANNING

Preconception planning can assist you and your spouse with the possibility of a healthy pregnancy.

Before you start thinking to plan for pregnancy, first please consider if are you ready to take this up?

To help your pregnancy phase go smoothly, always schedule a preconception appointment with a doctor even before the pregnancy is thought. People who are in their 30's or 40's or suffering from any chronic ailment or health concerns have to definitely go for a preconception meeting.

Here are a few pre-conception questions that may come up:

BIRTH CONTROL PRACTICE?

In case you are consuming any birth control pills then your period would most probably return within 30 days after stopping the pill. However, if you want to get pregnant you should stop using pills going forward.

You should have at least one normal period for estimating your ovulation period and when the baby is due. Till then you can use condoms for the periods to get back to a normal cycle.

VACCINES?

Infections like chickenpox or measles are very dangerous to the baby. If you haven't completed your vaccinations then you might need to take a few blood tests for checking your immunity levels.

The immunity levels will help understand your body and provide any vaccination at least one month prior to conception.

CHRONIC/ HEALTH CONDITIONS?

Do you have any previous/current history of chronic conditions like diabetes, thyroid, asthma, or BP? If yes, then try bringing it to normal before you conceive. In case you need any medications, your doctor will suggest or adjust the treatments before the pregnancy. The doctor will also be careful during pregnancy considering the condition.

MEDICATIONS OR SUPPLEMENTS?

You should definitely talk to your doctor about the supplements or any medicines you are currently consuming. Depending on your health and the condition they may change the medicine or dosage.

SEXUALLY TRANSMITTED INFECTION?

There are few sexually transmitted infections like gonorrhea, syphilis, or chlamydia which will interrupt you to conceive. These infections are very dangerous to you and your baby. In case you or your partner have been transmitted by an infection then you better discuss it in detail with the doctor for preconception check-up and treatment.

FAMILY HISTORY OF MEDICAL CONDITION?

A few times family's medical histories (your or your spouse) can increase the chance of carrying forward the same to the future generation like cystic fibrosis or any birth defects. If you've such genetic conditions then please confirm it so that there can be a genetic counselor session or assessment.

AGE OF YOU AND YOUR SPOUSE?

If the age of the women is increasing then fertility problems, pregnancy loss or some health diseases also increase. There can be gestational diabetes in older mothers. The age of Father is also very important. If you can discuss the age-related problems with the doctor then they will suggest you better.

WERE YOU PREGNANT BEFORE?

Please disclose your previous pregnancy history. Also let them know the complications you've faced like premature baby birth, birth defects, preterm labor, c-section, etc.. In case your previous pregnancy or your first relative had a neural tube defect then please inform the doctor where your doctor will recommend you to take folic acid in most of the cases.

Please communicate all your fears about pregnancy so that the doctor can provide you the best ways to improve your probability of pregnancy and keep you motivated.

MAKE HEALTHY LIFESTYLE CHOICES DURING PREGNANCY, LIKE:

- The doctor will let you know the importance of maintaining physical and mental health during pregnancy and healthy diet substances.
- In case you are overweight or underweight, they will suggest the proper diet to maintain the weight.
- Ensure to avoid alcohol or illicit drugs.
- Avoid smoking and if you are unable to do it please discuss it with the doctor for some suggestions.
- The doctor may discuss with you your hobbies, work, home, travel or pets, etc for knowing about the environment and asks you for any change.
- Always take your spouse before you connect with the doctor for a preconception meeting. Remember your spouse's health also plays a major role that can affect you and your baby



INFERTILITY

What is infertility?

The couple's ability to not get pregnant even after frequent intercourse for more than a year.

Infertility is usually due to you or your spouse issues that stop you from getting pregnant. However, there are many effective therapies that can increase the chances of pregnancy.

Infertility Concerns

Generally, many couples get upset and struggle to get pregnant and you need to know you are not the only one. In many developed nations, there is about a 15-20% infertility rate.

Symptoms

The major symptom of infertility is not getting pregnant. Sometimes, women may suffer irregular periods or no periods. Coming to men, they may face abnormal hair growth or sexual function reduces due to hormonal changes.

Most of the couples will conceive naturally or with treatment



DOCTOR VISIT

There is no compulsion that you have to visit the doctor for infertility unless you've been trying it for at least one year.

However, a woman should talk to the doctor in case:

- They are more than 35 years old and trying to conceive for six months
- Over 40 years
- Irregular or no periods
- Very painful periods
- Any known fertility issues
- Treated with endometriosis or pelvic inflammatory diseases
- Multiple miscarriages
- Undergone cancer treatment

Men should consult a doctor if they have:

- Low sperm count
- Any previous history of testicular, prostate or sexual problems'
- Cancer treatment
- Small testicles or have swelling in the scrotum
- Any other family infertility problems

CAUSES

For a woman to get pregnant the complete process of ovulation and fertilization needs to happen in order. Infertility can occur during birth or later stages.

- Infertility can cause one or both partners.
- It is said 1/3rd cases, there is an issue with the man
- 1/3rd cases, there is an issue with the woman
- And in the remaining cases the issue is found in both of them

MALE INFERTILITY

- **Low sperm production or its function** due to undescended testicles, genetic issues like diabetes, or infections like chlamydia or HIV.
- **Issues with delivery of sperm** due to sexual related problems like premature ejaculation
- **Environmental factors** like pesticides or other chemicals and radiations. Heavy smoking, steroids, alcohol, and other medications for treating infections, high BP, or depression can also cause infertility. Regular exposure heat like hot tub baths, steam, or saunas can increase body temperature which affects sperm count.
- **Cancer and treatment** include radiation therapy or chemotherapy. Cancer treatment can lessen sperm treatment severely.

FEMALE INFERTILITY

- **Ovulation disorder** affects eggs release from ovaries. These include hormonal disorders like polycystic ovary syndrome. Hyperprolactinemia has too much prolactin which stimulates breast milk production and that also causes an interruption in ovulation. Also, thyroid hormones can affect the menstrual cycle. Other causes are heavy workouts, eating disorders, or tumors.
- **Uterine or cervical abnormalities** include abnormality with the cervix which has polyps in the uterus or shape of the uterus. The noncancerous tumor which blocking fallopian tubes of the uterine wall or stops fertility eggs to stop implantation which causes infertility.

- **Fallopian tube damage** causes inflammation of the fallopian tubes. This can result in the pelvic inflammatory disease that causes sexually transmitted infection, endometriosis, or adhesions.
- **Endometriosis** occurs where endometrial tissue grows outside the uterus which affects the function of ovaries, uterus, and fallopian tubes.
- **Ovarian insufficiency** where menstruation ends before the age of 40. This because of unknown factors where early menopause starts where immune system diseases like Turner syndrome or carriers of Fragile X syndrome or chemotherapy treatment.
- **Pelvic adhesions** bar of scar tissue that binds organs that form after pelvic infection, appendicitis, endometriosis, or abdominal or pelvic surgery
- **Cancer and treatment** Few cancers particularly reproductive organs cancer leads to female fertility. Radiation and chemotherapy may also sometimes affect fertility.



RISKS

There are many risk factors for both males and females.

- **Age:** Age plays a major role when it comes to infertility among women. For women who are in their 30's and especially after 37 the eggs quality and quantity decreases. Men over 40 are less fertile than younger men.
- **Tobacco:** Smoking or marijuana by any of the partners affects the chances of pregnancy. Smoking reduces the probability of effective fertility treatment. Miscarriages happen very frequently to the women who smoke and in men, it increases the risk of erectile dysfunction and has less sperm count.

- **Alcohol:** Women there isn't any safe level of alcohol during the conception or pregnancy phase. Alcohol can cause infertility. Men with heavy alcohol consumption can decrease sperm count and quality.
- **Overweight:** Women who are overweight have an inactive lifestyle and have chances of infertility. Men's sperm count decreases when being overweight.
- **Underweight:** Underweight Women are at risk of fertility problems that include eating disorders, anorexia, or bulimia and who are taking a very low-calorie or restrictive diet.
- **Exercise:** Lack of exercise makes you obese and affects your fertility. Also, high-intensity workouts, frequent strenuous workouts in women who are not overweight can face infertility issues.

PREVENTION

Some types of infertility can't be prevented. However, there are a few ideas and strategies which can increase the probability of pregnancy.

Couples:

Try to have regular intercourse during the ovulation for the high chance of pregnancy success and that too for several times

- Usually, intercourse before five days until a day after the ovulation drastically improves the probability of pregnancy
- Ovulation happens in the middle of the cycle for a maximum of women who has 28 days apart
-

Men:

Stop drug and tobacco use and heavy alcohol consumption, which causes male infertility

- Don't take hot tubs baths and sauna regularly which affects the sperm production and quality
- Try avoiding exposure to industrial or environmental toxins
- Exercise can improve the chances of pregnancy
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Women:

Stop smoking because Tobacco has affects the fetus and also your health. In case you are looking to conceive then quit

- smoking immediately.

- **Avoid alcohol and drugs** as they affect the nature of your body and cause infertility. Hence stop alcohol consumption and taking marijuana if you want to get pregnant.
- **Lessen Caffeine Intake** for women who wants to get pregnant.
- **Exercise regularly** which helps you but that doesn't mean you overdo it which affects fertility and your menstrual cycle.
- **Maintain a healthy weight** because being overweight or underweight causes hormonal imbalance and cause infertility.

IUI

Intrauterine insemination (IUI)

- is a type of artificial insemination
- is a procedure for treating infertility.

When you are around your ovulation period eventually during the release of one or more eggs a washed sperm is placed in the uterus for it to fertilize.

Intrauterine insemination helps the sperm into fallopian tubes and fertilize the waiting egg for the normal pregnancy.

As per the infertility issues, IUI is done for the normal cycle or with fertility medications.

IVF

In vitro fertilization (IVF) includes a series of procedures that have to be followed to help with fertility and assist the chances of pregnancy.

During the IVF procedure, mature qualified eggs are collected from the ovaries and are fertilized in a sperm lab.

Later the fertilized egg (embryo) is placed in the uterus.

It takes one full cycle of IVF procedure to complete sometimes three-four weeks. Few times this procedure is split into different parts then the process takes a long time to complete.

It is considered to be the most effective assisted reproductive technology. This is done with your eggs and your partner's sperm.

Otherwise, the eggs and sperm can be taken from a known or anonymous donor.

LAPAROSCOPY

In Laparoscopy (minimally invasive surgery) to operate less damage is done to the body instead of open surgery. It is a less painful and shorter stay at the hospital and a quick recovery.



Looking for a **hassle-free and safe delivery experience?**

Book an appointment today!

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