



Planning a pregnancy

If you are planning to get pregnant, there are things to consider before you stop using contraception.

If you're planning a pregnancy, it's a good time to take stock of your overall health and lifestyle. There are things you can do now before trying for a pregnancy, that can affect your fertility and make your pregnancy and baby healthier.

You should talk to your doctor about any pre-existing health conditions, medications or past pregnancy problems before stopping contraception. There are specialist clinics available for women who may need extra support before and during pregnancy.

You can use this online [tool](#) from Tommy's to help you plan for a safe and healthy pregnancy along with the advice below.

STOP	START	SCREEN
• Smoking • Drinking alcohol • Taking recreational (non-prescription drugs) • Reduce caffeine intake	• Eating a healthy & balanced diet • Getting closer to a healthy weight • Regular physical activity • Daily Folic Acid Tablets* • Daily Vitamin D • Getting vaccinated against Covid	• Check you have had your MMR Vaccination • Attend for your cervical smear test if it's due • Consider a sexual health / STI check up

Think you might be pregnant already?

Symptoms of pregnancy can include missing a period, feeling sick and sore breasts. If you think you might be pregnant then you should get this confirmed with a simple urine test. You can buy one yourself (at a pharmacy or shop) or ask your GP to do one for you.

If the test is positive, you should have an appointment with your local midwife. You can call the NHS Lothian Maternity Booking Service **0131 536 2009** to arrange this. We do not provide antenatal care in our clinics at Chalmers Centre.

If you have questions or concerns during your early weeks of pregnancy, you can speak to your GP. More information about what to expect during pregnancy, labour and the early weeks after birth can be found in the NHS Scotland [‘Ready, Steady, Baby!’](#) guide.

Fertility

Around 15% of couples experience difficulty in conceiving.

Investigations into why this may be are usually carried out after a year of trying to conceive. This can be earlier in some situations for example if a woman's periods have stopped, or are irregular, if she is 35 or older, or if she had pelvic inflammatory disease in the past. Earlier investigation might also be carried out if either partner has been treated for cancer, or if a man has had surgery to his testes.

Infertility investigations are performed at a specialist clinic called the [Edinburgh Fertility and Reproductive Endocrine centre](#) (EFREC) at the Royal Infirmary of Edinburgh but not at the Chalmers Centre. Your GP will need to refer you to this clinic and arrange for initial investigations to be performed before you have a hospital appointment.

You can get useful information on the [Fertility UK website](#)