



Factors affecting preconception health



Contraception

Name	Type	Advantages	Disadvantages
Natural family planning	Natural family planning	No side effects. Many religions and cultures accept it as a birth control method.	Couples can only have sex at certain times of the month. No protection against STIs.
Contraceptive injection	Hormonal	Can be administered by the woman every 13 weeks. Periods can become more regular, lighter, less painful. Can be used whilst breastfeeding. Not affected by medication.	Can take up to a year for periods to return to normal after injections stop. Can stop periods altogether. May cause weight gain, mood swings, headaches. No protection against STIs.
Intrauterine device	Hormonal	Medication does not interfere with it. Can be fitted four weeks after giving birth. Can be put in at any time during menstrual cycle and works straight away. No hormonal side effects. No health risks.	Small risk of infection after it is put in place. Can be uncomfortable for a few months in the beginning. Risk of heavier periods. May not be suitable for all women. No protection against STIs.
Diaphragm/cap	Barrier	Can be put in place before intercourse. Usually no serious side effects.	Spermicide can cause irritation and cystitis.
Emergency contraceptive pill	Hormonal	Can be used after intercourse in cases where a couple has not used other forms of contraception. No serious side effects.	Should not be used for contraception on a regular basis. Can cause sickness and headaches. May be less effective for those on some types of medication. No protection against STIs.
Male/female condom	Barrier	No preparation is needed. Easily available.	If used incorrectly or torn, it is likely to be ineffective. Interrupts sex.

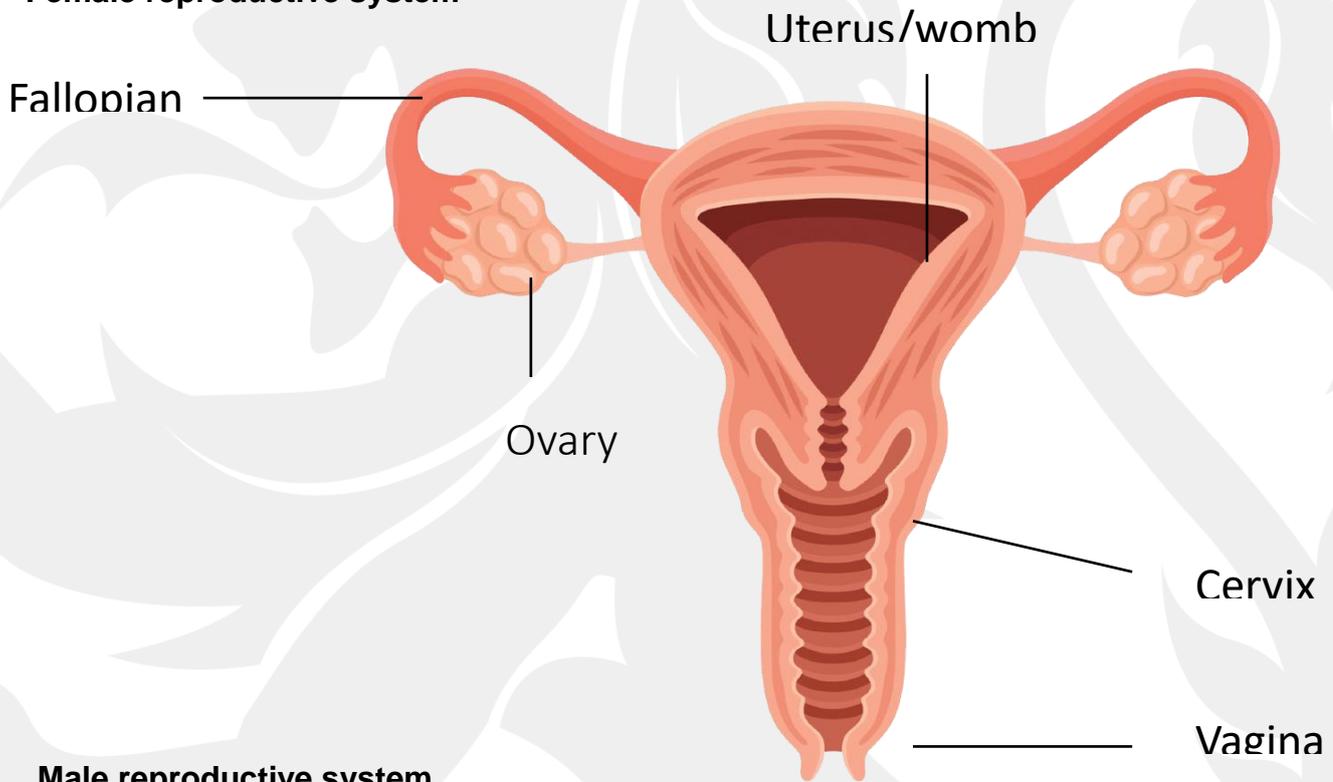
SUBJECT: Child Development

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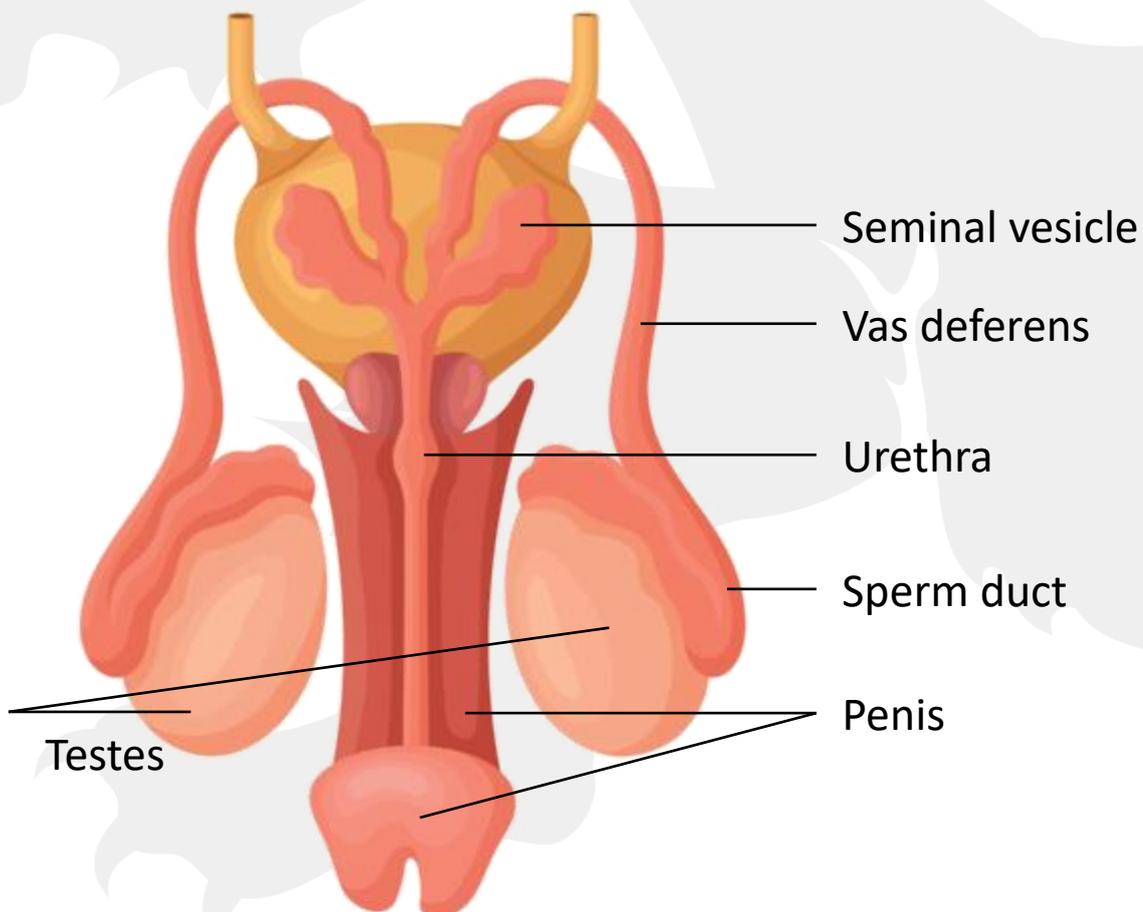
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Female reproductive system



Male reproductive system



SUBJECT: Child Development

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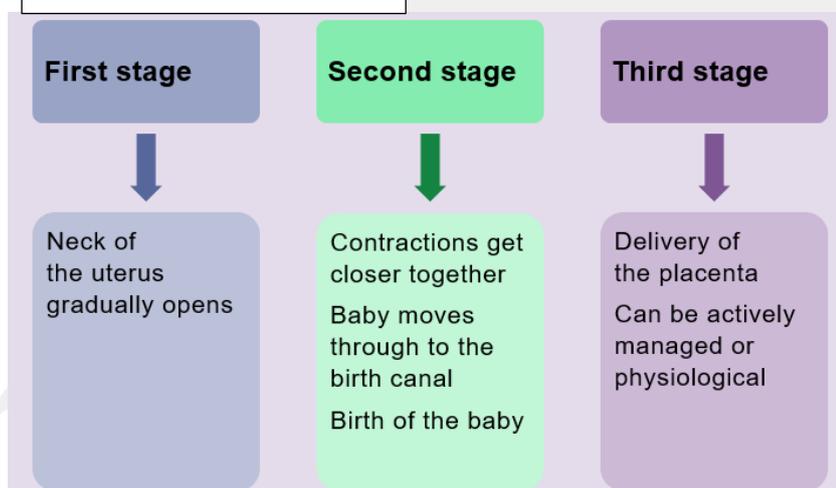


Screening tests	When carried out
Ultrasound scans (sonograms) offered to all women	Dating scan: 10–14 weeks Anomaly scan: 18–21 weeks
Nuchal fold translucency scan offered to all women	11–14 weeks
Triple test	Any time after 14 weeks
Non-invasive Prenatal Testing (NIPT) (not offered through NHS)	Any time after 10 weeks

Antenatal classes

- Breastfeeding/feeding advice
- To promote a healthy lifestyle
- To prepare both parents for labour and parenthood
- To provide advice/support on baby care
- To promote a healthy diet, including foods to avoid

Signs of labour

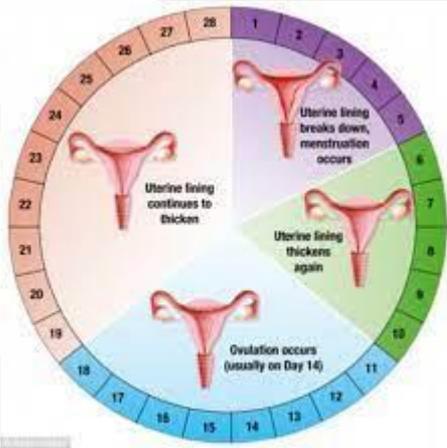


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Menstrual Cycle - This is the cycle when women have periods and are fertile. Girls begin their periods at the approximate age of 12 and finish approximately 51 during menopause. Women experience different types of periods and last between 3 and 7 days. Usually around 5.



1 GP (General practitioner)

Can refer pregnant woman to other professionals, if necessary.

Will ask the woman about her mental health during and after pregnancy.

Provides antenatal and postnatal care.

Likely to be the first person a woman sees

2 Midwife

A medical professional who is specially trained in pregnancy and childbirth.

Provides antenatal and postnatal care up to a month after the birth.

Provides clinical examinations and screening.

Runs parenting classes and discusses birth options.

3 Obstetrician

Becomes involved if the pregnant woman has a health condition or if there are concerns about the pregnancy.

A doctor who specialises in all aspects of pregnancy and childbirth.