



# Happy pregnancy and childbirth preparation for women with IBD

*My Incredible Baby & pregnancy care Diary*





Preconception care program for women with IBD

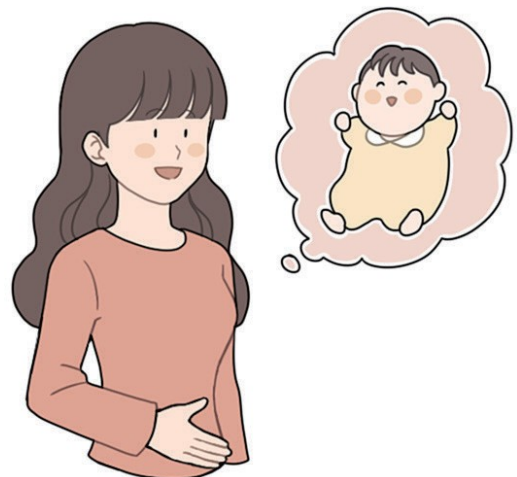
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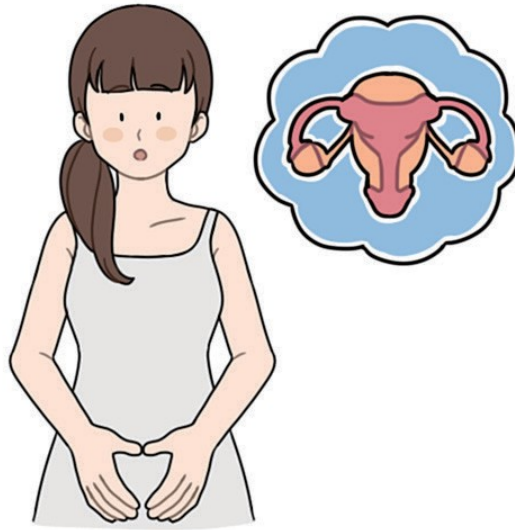
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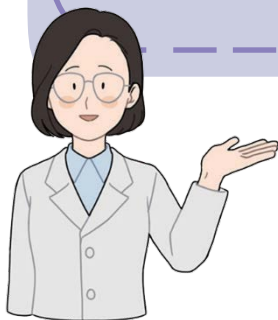
**My Incredible Baby & Pregnancy Care Diary**

# ONE. Managing myself for IBD



In this chapter, we will look at the **reproductive health problems** that women with inflammatory bowel disease often experience.

In addition, we will introduce **infertility, inheritance, pregnancy complications, and the relationship between pregnancy and disease in relation to pregnancy in women with inflammatory bowel disease.**



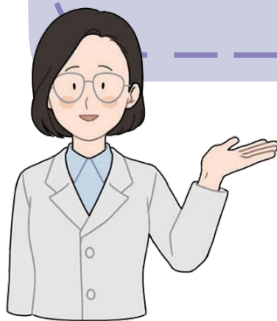


## TWO. Smart preparation for healthy pregnancy

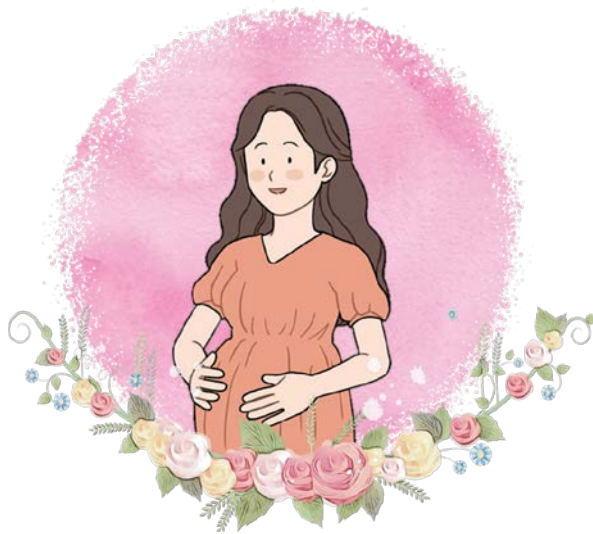


To become pregnant, **you need to be prepared at least 3 months** in advance. In this chapter, we will introduce you to specific methods of preparing for pregnancy. We will introduce the importance of planned pregnancy and find out how you and your spouse (partner) should prepare specifically. Finally, here are some contraception methods for avoiding unplanned pregnancy.

**Remember, healthy babies are born from healthy mothers!**

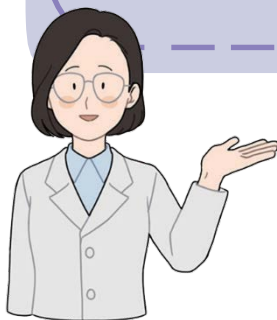


# THREE. Smart preparation for healthy childbirth

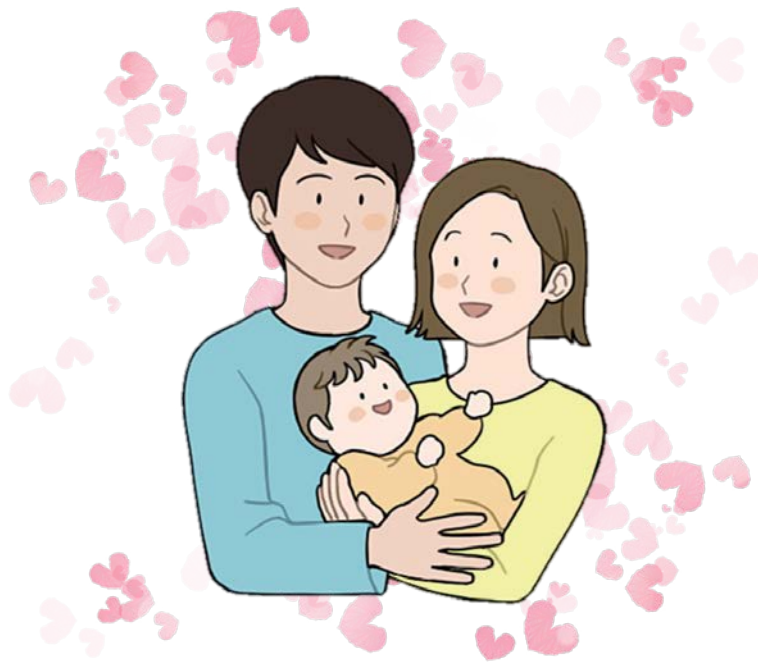


In order to maintain a healthy pregnancy and give birth, you must continue managing disease during pregnancy and after delivery.

In this chapter, we will introduce not only medications and tests for the management of inflammatory bowel disease during pregnancy, but also prenatal tests that are received during pregnancy, delivery methods and breastfeeding.






















## FOUR. Get ready to have my baby!



This time, we will summarize the contents of the program for women with inflammatory bowel disease, and listen to the experiences of patients who have been diagnosed with inflammatory bowel disease and have been pregnant and given birth.



# My Incredible Baby & Pregnancy Care Diary

Date. . .																
 	Am : ~ Am : Pm :															
 IBD medication	 Folic acid															
 Exercise time ( ) mins																
 Normal form	loose stool      diarrhea      Total No ( )															
Mood state 	1 — 2 — 3 — 4 — 5 happy 															
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