

You can find out more about our service at:

Website:
<https://www.elft.nhs.uk/perinatal/where-we-work/bedfordshire-and-luton>

Email: elft.blperinatal@nhs.net

Telephone: 01234 290130 Monday – Friday 9am – 5pm

scan me:



We are here to help you.

Please speak to your healthcare professional or contact us directly.



Thinking of having a baby?

Do you take medication for a mental health condition?

Pre-conception advice





Bedfordshire and Luton Perinatal Mental Health Team provides pre-conception advice.

Having a baby can be an exciting yet challenging time. If you have a pre-existing mental health condition, you may be at greater risk of experiencing a relapse during this period than at other times, but there is support available to help you cope with your pregnancy and keep you and your baby healthy.

It is really important to speak to your healthcare professional if you take medication for your mental health and are thinking about having a baby. Do not stop your medication or reduce your dose suddenly as you may become unwell.

Staying well during pregnancy is important for mums as well as babies so, for some women, remaining on medication during pregnancy is the best choice.

Your healthcare professional can:

- Give you information about your medication and pregnancy
- Discuss your choices with you
- Refer you to a specialist perinatal mental health service for more support and advice.

We understand you may be worried about taking medication you become pregnant, but you need to discuss your medication before making any changes so that you stay well.

The team can offer you an opportunity to discuss what it may be like for you to experience pregnancy, birth and to care for a baby.

- You can find out more about your illness in pregnancy and after baby is born.
- You may have questions about the safety of your medication you are taking in pregnancy and breastfeeding, and to consider alternative options if necessary.
- You may want to discuss coming off your medication, but worry you will become unwell.
- This appointment will address your questions and provide you with information and options

