

## Previous Pregnancies

Details of previous pregnancies are relevant when making decisions about the care you receive. Some of the main topics are described below. If there is anything else you think may be important, please tell your midwife or doctor.

**Para.** This is a term which describes how many babies you already have. Usually early pregnancy losses are also listed after a 'plus' sign. For example, the shorthand for two previous births and one miscarriage is '2 + 1'.

**High blood pressure and/or pre-eclampsia.** If you had this condition last time, you are more likely to have it again, although it is usually less severe and starts later in pregnancy. It is more likely to happen again if you have a new partner.

**Premature birth.** This means any birth before 37 weeks but the earlier the baby is born, the more likely that it will have problems and need special or intensive neonatal care. The chance of premature birth is increased because of smoking, infection, ruptured membranes, bleeding, or poor growth. Having had a baby prematurely increases the chances of it happening again.

**Small babies (fetal growth restriction).** If one of your previous babies was growth restricted, there is a chance of it happening again. Arrangements will be made to watch this baby's growth more closely, offering ultrasound scans and other tests as necessary (see page 12).

**Big babies (macrosomia).** A baby over 4.5 kg is usually considered big - but this also depends on your size and how many weeks pregnant you were when the baby was born. You may be offered a blood test to check for high blood sugar (diabetes), which may be linked to having big babies.

**Previous caesarean section.** If you have had one caesarean section in the past you have a good chance (at least 2 in 3) of having a vaginal birth this time. This is known as VBAC - vaginal birth after caesarean section. Your midwife and doctor will discuss with you the reason for your last caesarean and the options for childbirth this time. Labour after a previous caesarean section is monitored more closely, to make sure the old scar does not tear, although in over 99% of cases this does not happen. If you have had two or more caesarean sections in the past, you will usually be advised to have your next baby(ies) also by caesarean section.

**Baby Weight Conversion Chart**

lb	oz	g	lb	oz	g	lb	oz	g	lb	oz	g
1	0	454	4	0	1814	7	0	3175	10	0	4536
1	2	510	4	2	1871	7	2	3232	10	2	4593
1	4	567	4	4	1928	7	4	3289	10	4	4649
1	6	624	4	6	1984	7	6	3345	10	6	4706
1	8	680	4	8	2041	7	8	3402	10	8	4763
1	10	737	4	10	2098	7	10	3459	10	10	4819
1	12	794	4	12	2155	7	12	3515	10	12	4876
1	14	850	4	14	2211	7	14	3572	10	14	4933
2	0	907	5	0	2268	8	0	3629	11	0	4990
2	2	964	5	2	2325	8	2	3685	11	2	5046
2	4	1021	5	4	2381	8	4	3742	11	4	5103
2	6	1077	5	6	2438	8	6	3799	11	6	5160
2	8	1134	5	8	2495	8	8	3856	11	8	5216
2	10	1191	5	10	2551	8	10	3912	11	10	5273
2	12	1247	5	12	2608	8	12	3969	11	12	5330
2	14	1304	5	14	2665	8	14	4026	11	14	5386
3	0	1361	6	0	2722	9	0	4082	12	0	5443
3	2	1417	6	2	2778	9	2	4139	12	2	5500
3	4	1474	6	4	2835	9	4	4196	12	4	5557
3	6	1531	6	6	2892	9	6	4252	12	6	5613
3	8	1588	6	8	2948	9	8	4309	12	8	5670
3	10	1644	6	10	3005	9	10	4366	12	10	5727
3	12	1701	6	12	3062	9	12	4423	12	12	5783
3	14	1758	6	14	3118	9	14	4479	12	14	5840

**Bleeding after birth.** Postpartum haemorrhage (PPH) means a significant loss of blood after birth (usually 500 ml or more). Often this happens when the womb does not contract strongly and quickly enough. There is a chance of it happening again, but your carers will make sure they are prepared.

**Postnatal wellbeing.** The postnatal period lasts up to 6 weeks after the birth and it is during this time your body recovers. However, for some women problems can occur, including feeding difficulties, slow perineal healing, or concerns with passing urine, wind and/or stools. If you have experienced these or any other complications, talk to your doctor or midwife.

**Depression.** It is quite common to feel low for a little while after having a baby because of hormonal changes and tiredness. However, some mothers do become seriously depressed. This can carry on for months or even years and may require help, counselling and/or medication. Depression can happen again, so it is important that we know about it. We can then discuss any special worries or anxieties you may have and arrange counselling and help to suit your needs.

**Miscarriages.** A miscarriage (sometimes also called spontaneous abortion) is usually thought to happen because of a one-off problem with the baby's chromosomes, causing an abnormality. After one miscarriage, the chances of a successful next pregnancy are as good as before. If you have had three or more miscarriages, there is still a good chance that this pregnancy will go well, but special tests may be required.

**What if I've had a termination (abortion) but do not want anyone to know?** This information can be kept confidential between yourself, your midwife and doctor and can be recorded elsewhere.



## Previous Births

Is current pregnancy with a new partner? No  Yes

Para

Child's full name	Boy <input type="checkbox"/> Girl <input type="checkbox"/>	Date of birth / /	Age now	Birthweight (g)	Gestation	Condition since	Where now		
Place of booking / Place of birth		Antenatal summary							
<b>Labour onset</b>	Spontaneous <input type="checkbox"/> Induced <input type="checkbox"/> Planned Caesarean <input type="checkbox"/>	<b>Anaesthetic</b>	None <input type="checkbox"/> Epidural/Spinal <input type="checkbox"/> General <input type="checkbox"/>	<b>Delivery</b>	Normal <input type="checkbox"/> Assisted <input type="checkbox"/> Caesarean <input type="checkbox"/>	<b>3rd stage</b>	Normal <input type="checkbox"/> Haemorrhage <input type="checkbox"/> Retained placenta <input type="checkbox"/>	<b>Perineum</b>	Intact <input type="checkbox"/> Episiotomy <input type="checkbox"/> Tear 1° <input type="checkbox"/> 2° <input type="checkbox"/> 3°/4° <input type="checkbox"/>
Labour details				Breast <input type="checkbox"/> Bottle <input type="checkbox"/>	Postnatal summary				

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Labour details				Breast <input type="checkbox"/> Bottle <input type="checkbox"/>	Postnatal summary				

## Early Pregnancy Losses

Year	Gestation	Nature of loss	Comments

Name

Unit No