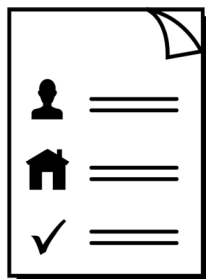




Pregnancy for people with childhood onset heart disease



Easy Read

About this fact sheet



This fact sheet is from HeartKids.

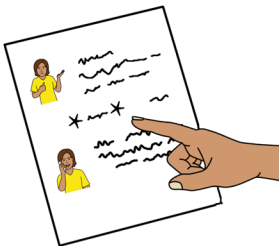


This fact sheet is written in a way that is easy to understand.



You can read more information about HeartKids on our website.

Visit heartkids.org.au



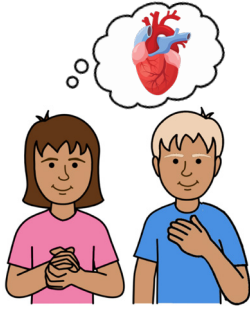
We add a star before and after ***hard words***. Then we explain what the words mean.



You can ask someone to help you read and understand this fact sheet.



Contact information is at the end of this fact sheet.



Childhood onset heart disease

We help people with

childhood onset heart disease or COHD.



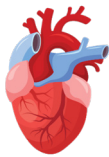
COHD means a ***heart condition*** that starts

- before you are born

or



- when you are young.



A heart condition means your heart works differently to the way it should.



Most children with COHD grow up to live normal lives.

Can you have children?



Many women with a heart condition can have children.



Some women with a heart condition have more ***risks*** when they are pregnant.

Risks means more chance of problems.



If the mother has risks, the baby can have risks too.



For example, the baby might come too early and it may be very small.



Talk to your doctor about pregnancy and risks.



Many men with a heart condition can have children.



There may be problems if a man

- is very sick



- takes medicine that affects the way his penis or testicles work.



If you want to have children, you can talk to your doctor about your medicines and treatments.

Will your children have a heart condition?



If you have a heart condition, your baby has a higher risk of having a heart condition.



For most heart conditions the risk is very small.



The risk might be higher if

- you have a heart condition and other health issues



- other family members have a heart condition



- your heart condition is in your ***DNA***.

DNA is information inside your body that makes you who you are.

What to do if you get pregnant



Deciding to have a baby can be a big decision.



Sometimes women get pregnant when they are **not** ready to start a family.



You may want to have the baby.



You have options if you do **not** want the baby.



You can ask your doctor for advice.

You can also contact different services.



Pregnancy Counselling Australia

Call 1300 737 732

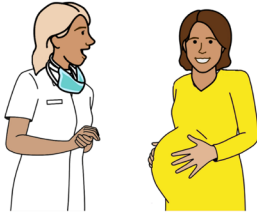


Family Planning Australia

Website

familyplanningallianceaustralia.org.au

If you decide to get pregnant



You can work with your doctor to plan for

- a good pregnancy



- a healthy baby.



Pregnancy can put pressure on the birth parent's body.



Your doctor will help you to be healthy enough to have a baby.

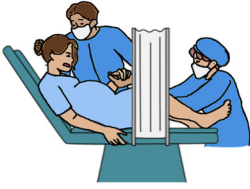


For example, the doctor might

- do tests



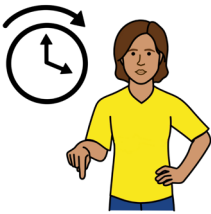
- change your medicines.



It is safest to have your baby at a hospital with nurses and doctors in the room.



Most birth parents with a heart condition can have a normal birth.



If there are problems you may need to give birth quickly.

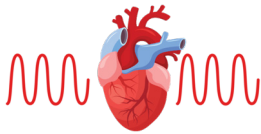


Your doctors can help you make a plan for different types of birth.

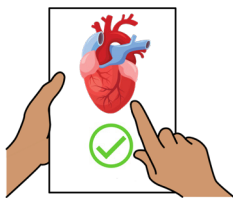
After your baby is born



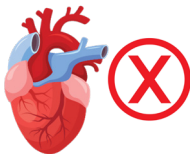
You and your baby may need to stay in hospital for extra care or tests after the birth.



Some changes happen to your heart while you are pregnant.



Your heart usually goes back to normal after a few weeks or months after birth.



Sometimes your heart does not work as well after you have had a baby.



Your doctor will talk to you about what to do if you want to have another baby.



You can start ***contraception*** again when you go home from hospital.

Contraception means there is less risk of pregnancy.



More information



For more information or support contact HeartKids.



Call 1800 432 785

You can contact us from 9 am to 5 pm

Monday to Friday.



Website heartkids.org.au

Help to speak and listen



If you need help to speak or listen, the National Relay Service can help you make a call.



Call 1800 555 660



Website accesshub.gov.au/nrs-helpdesk

Help in your language



If you need help with other languages, contact the Translating and Interpreting Service.



Call 131 450



Website tisnational.gov.au

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