



Common Questions in Pregnancy

problems, infections and other health issues. If you are unable to quit entirely, you should reduce smoking as much as possible. Nicotine replacement in the forms of patches and gum are safe and may be used as part of your strategy to quit. This is because the nicotine exposure is lower when used as a patch or gum than when cigarettes are smoked, as well as a reduction in the other toxins in cigarettes.

Electronic cigarettes and vaporisers are another way to reduce smoking, however these should be avoided as they still deliver high levels of nicotine and their effects on pregnancy are unknown. Speak to your care provider about getting support to help you quit or reduce your smoking.



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Which vaccinations should I get during pregnancy?

A number of changes occur to a woman's body during pregnancy. These changes include reduced lung function, increased cardiac output, increased oxygen consumption, and changes to the immune system. Immunisation not only protects you but also your baby. Vaccinating pregnant women is the best way to protect your newborn baby. When you are vaccinated, your antibodies transfer from you to your developing baby. They receive protection from you when they are too young to be vaccinated themselves.

If you are pregnant, the influenza vaccine and pertussis (whooping cough) vaccine are recommended.

The influenza vaccine is recommended during every pregnancy and at any stage of your pregnancy.

The pertussis vaccine is recommended between 20 and 32 weeks in every pregnancy.

Both vaccines are provided at no cost to pregnant women in Australia and New Zealand.

Some other vaccines can be administered in special circumstances such as travel, but these are not routinely recommended and should be discussed with your doctor or midwife.

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At what stage of your pregnancy are you no longer allowed to take flights?

Many women will travel during pregnancy for work, recreation and visiting friends and relatives. In general, the second trimester is the safest and most comfortable time to travel. However, if you are in good health and have a normal pregnancy, there is no reason why you shouldn't be flying. Always check with your doctor or midwife prior to planning travel to ensure it is safe for you to do so. Most airlines have restrictions on pregnant women

flying during late pregnancy, so check with your airline prior to travel. Additionally, you should be familiar with the available medical care at your destination and any infection exposures. Further information regarding travelling during pregnancy can be found on the RANZCOG website under Patient Information

Will sex during pregnancy harm the baby or induce labour?

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