

Pregnancy and CFS/ME

Some women, when they are thinking of becoming pregnant or find out they are pregnant, may wonder about being pregnant and having CFS/ME. Pregnancy has no specific effect on symptoms of CFS/ME. Some women find their symptoms improve, some women find their symptoms stay the same and some notice more fatigue than usual. For many women, the support around their pregnancy and the expectation that they may experience fatigue as part of their pregnancy makes it easier to manage the CFS/ME symptoms that they do have. It may also be easier to ask for help, take breaks and plan rest periods while you are pregnant and have an obvious reason for doing so!

Your care throughout pregnancy is no different if you have CFS/ME but it may be important to tell other health professionals that you have CFS/ME. CFS/ME does not effect pregnancy or the developing baby. During pregnancy it is important for the health of you and your baby that you eat healthily, take care of yourself and limit or avoid the use of medication unless you GP says they are ok to use during pregnancy.

Many women, particularly first time mothers, worry about their change in role and how they will cope with having a baby and becoming a mother. These worries are normal and an understandable part of such a big life change. Talking to your family, partner, friends and maternity staff about ways of getting the support you need is important.

As AFME say “ If you are someone who finds it especially hard to let go of responsibilities and obligations remember that your baby's needs are far more important than those of relatives who want you to visit etc..... let your relatives know that you are not always able to do what they want. This will prove an especially important lesson for them once baby has arrived as you will certainly have a lot less time and energy for other people's demands then!!”