Healthy you, healthy baby

Anaemia affects on average 24% of pregnancies and can cause more than just tiredness for you and baby.

- It can impact baby’s development
- It can slow recovery postdelivery
- It can increase the risk of requiring a blood transfusion

Feeling tired, lethargic, low energy and mood, increased breathlessness or fatigue on exertion? Talk to your healthcare professional or midwife.