

Q & A

third trimester

Dr Dawn Harper and Netmums' Siobhan Freegard answer your pregnancy questions, plus nutritionist Sara Stanner gives advice on diet and healthy eating

Q I'm pregnant with twins and I'm feeling really unattractive. My husband says he still fancies me but I have no interest in sex anymore. Is this normal and will I get back to my old self once the babies are here?

A It's completely normal to feel this way, especially towards the end of pregnancy when your body shape has changed so much it sometimes feels like you don't even recognise yourself. Add the hormonal changes and mood swings on top and it's not surprising you have no interest in (or energy for) sex. Talk to your husband about how you feel so he doesn't feel rejected (men can be just as touchy as we can at this stage). If you don't feel sexy, then there are lots of other ways you can still enjoy being intimate. Massages or just old-fashioned snogging can be a boost to your libido so that when your husband tells you he still fancies you, you actually believe him and feel sexy again. Things will get back to normal after the birth but don't expect to become a sex goddess again immediately - especially with twins. **SF**



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Q I've been told my baby will need a vitamin K injection immediately after the birth. Why is this?

A Vitamin K is essential for normal blood clotting and newborns don't have enough vitamin K in their bodies to protect them from bleeding problems. If babies aren't given vitamin K at birth they are at serious risk of a rare disease which causes bleeding and can cause brain damage. All babies in the UK are given a vitamin K supplement to prevent this. Babies at increased risk, such as those born prematurely, and those delivered by Caesarian or forceps may be given the supplement by injection. Healthy babies are given two vitamin K doses by mouth and a third dose is given to babies that are exclusively breast fed when they reach one month of age. A third dose isn't necessary for bottle-fed babies as formula milks contain vitamin K. **DH**

Q I know I shouldn't 'eat for two', but do I need extra calories?

A Yes, but only during the later stages of pregnancy. It is recommended that you consume an extra 200 calories per day during the third trimester only. If you are underweight or particularly active, then you probably need more than this. Add extra calories with healthy snacks. **SS**

