Hypermobile Ehlers-Danlos Syndrome (hEDS) is the most common subtype of EDS.

hEDS/HSD are Multi-systemic conditions affecting connective tissues throughout the body with common symptoms including easy bruising and increased risk of joint dislocation.

Affects 1 in 20 pregnancies.

If you can't connect the issues, think connective tissues.

Parents and staff making decisions together.

Listen to the pregnant person, they know their body best.

Things to discuss together that might happen because of my hEDS/HSD:

- Premature birth
- Unsuccessful anaesthesia
- Pelvic organ prolapse through the vagina
- Unusually increased joint laxity (with or without dislocation)
- Complications with wound healing
- Unusually lax womb
- Potential bleeding
- Baby less likely to be in optimal position close to birth
- Unusually fast labour and/or birth

Things to know about me and my hEDS/HSD:

Things that are unique to me:

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Things you can do to support me:

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Things that might make symptoms worse for me:

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