

SERENITY

PRE-TREATMENT ADVICE

PREGNANCY MASSAGE

Please note you must be over 12 weeks pregnant and obtain verbal consent from your midwife or doctor to have pregnancy massage. Please contact us before your appointment if any of the following apply to you.

You may be unable to receive pregnancy massage if the following apply:

1. Heavy vaginal discharge
2. Pre-eclampsia
3. High blood pressure
4. Contagious illness
5. Morning sickness
6. Fever
7. Abdominal pain
8. Vomiting/Diarrhoea
9. Any malignant condition
10. Unusual pain
11. Reduction in foetal movement
12. Burning pain in sacral area
13. Fainting or dizziness.

You will need written permission from your Doctor for the following:

- Pre-pregnancy diabetes
- Cardiac, pulmonary, or liver disorders
 - Previous problem pregnancy
 - Multiple pregnancy
- Mother's age under 18 or over 35
 - Asthmatic mother
- RH-negative factor or maternal genetic problems, including DES exposure and other uterine abnormalities
 - Risk of foetal genetic disorders
 - Convulsive disorders
- Intrauterine growth problems, abnormal foetal movement or heartbeat
 - Epilepsy
- Any placental problems including placenta previa, placenta abrupta.
 - Incompetent cervix
 - Anaemia
 - Multiple Sclerosis