



Your Baby is on the way to France

YOU HAVE LITTLE TIME TO UNDERSTAND ALL

SO HERE YOU ARE...A LITTLE HELP FOR YOU...

My Essential French Medical Vocabulary related to your pregnancy



l'avortement - abortion – termination (end) of a pregnancy.

liquide amniotique - amniotic fluid – the liquid that surrounds a baby in the uterus (also called 'waters')

sac amniotique - amniotic sac – the sac around the baby inside the uterus

anesthésique - anaesthetic – a drug that gives total or partial loss of sensation of a part or the whole of the body

l'anesthésier - anaesthetist – a doctor who specialises in giving anaesthetic

prénatal - antenatal – a term that means 'before birth' (alternative terms are 'prenatal' and 'ante partum')

hémorragie antepartum - antepartum haemorrhage – bleeding from the vagina during pregnancy

Apgar score - **Apgar score** - a test given one minute after a baby is born, then again five minutes later, that assesses a baby's appearance (skin colour), pulse, grimace (reflex), activity (muscle tone) and respiration. A perfect Apgar score is 10; typical Apgar scores are seven, eight or nine. A score lower than seven means that the baby might need help breathing

technologie de reproduction assistée - **assisted reproductive technology** - any procedure performed to help achieve a pregnancy

baby blues - **baby blues** - mild depression that follows childbirth; usually the result of hormonal swings

canal de naissance - **birth canal** - the passageway (made up of the cervix and vagina) that the baby travels through during birth

plan de naissance - **birth plan** - a written document describing a woman's preferences for her care during labour and birth

transfusion sanguine - **blood transfusion** - a procedure where a woman is given blood



contractions de Braxton Hicks - Braxton Hicks contractions – a tightening of the uterus (womb) that may feel like a labour contraction. Braxton Hicks contractions are not painful and do not get stronger and closer together like true contractions (also called ‘false labour’)

rupture d'eau - breaking of water – when a healthcare practitioner bursts the sac holding the amniotic fluid using an instrument with a pointy tip. Often used to speed up a labour that has slowed

l'a culasse - breech – when the baby is positioned inside the uterus with its bottom or feet down, instead of its head

césarienne - caesarean section – a surgical procedure in which a baby is delivered through a cut in the abdomen and uterus (also called a ‘C-section’)

le col de l'utérus - cervix – the narrow, lower end of the uterus that softens and opens during labour to allow the baby to come out

conception - conception – the process of becoming pregnant, when a sperm and egg join to form a single cell (alternative terms include ‘fertilisation’, ‘impregnation’ and ‘insemination’)



la contraction - **contraction** – the often strong and painful tightening of the uterus during labour that causes the woman's cervix to dilate and that helps push the baby through the birth canal

le couronnement - **crowning** – time during labour when the baby's head has reached the external vaginal opening and can be seen from the outside

la dilatation - **dilation** – the opening of the cervix, measured as the diameter of the cervix in centimeters

grossesse extra-utérine - **ectopic pregnancy** – when a fertilised egg implants and grows outside of the uterus, usually in the fallopian tube. In most cases, an ectopic pregnancy is not viable.

l'embryon - **embryo** – the name given to a fertilised egg from the time of conception until the eighth week

épidurale - **epidural** – a type of anaesthetic commonly used in labour where drugs are used to numb the lower half of the body

trompes de Fallope - fallopian tubes – the narrow ducts or tubes in a woman's abdomen that carry the egg from the ovaries to the uterus. This is where fertilisation most often occurs



faux travail - false labour – see ‘Braxton Hicks contractions’

la fertilité - fertility – being able to conceive and carry a baby through to the end of the pregnancy

traitement de fertilité - fertility treatment – medical treatment that helps a woman conceive

déchirure au premier degré - first-degree tear – a tear involving only the perineal skin (adjacent to the vaginal opening) that occurs at the time of delivery that doesn't always require stitches

premier trimestre - first trimester – the first 14 weeks of pregnancy

acide folique - folic acid – a B vitamin found naturally in green leafy vegetables that helps prevent anaemia and has been shown to reduce the incidence of some birth defects including spina bifida (see definition below)

fontanelles - fontanelles – the six soft spots on a baby's head that allow its skull to compress during birth so it can pass through the birth canal. The fontanelles completely fuse by the time the child is two years old

les forceps- forceps – tong-shaped instruments placed around the baby's head to help it travel through the birth canal during childbirth



terme complet- full term – when a pregnancy is a normal duration (37–42 weeks gestation)

la gestation - gestation – the length of time (in days or weeks) that a baby is in the uterus

diabète gestationnel - gestational diabetes – a condition that develops during pregnancy when the woman's blood sugar levels become too high because inadequate levels of insulin. The condition is treatable and usually disappears after pregnancy

diabète gestationnel - gynaecologist – a doctor who has undertaken specialist training in women's health

l' hémorragie - haemorrhage – excessive bleeding

naissance à la maison - home birth – labour and delivery that takes place at home, under the supervision of a midwife

immunisation - immunisation – the administration of a vaccine, often by injection, that makes the body resistant to certain bacteria or viruses

in utero - in utero – a term that means 'inside the uterus'



in vitro fertilization (IVF) - in vitro fertilisation (IVF) – the process used to conceive a child outside the body, where a woman's eggs are fertilised with a man's sperm then placed in the woman's uterus

' incontinence - incontinence – an inability to control your bladder or bowel movements

Induit - induced – when a healthcare professional tries to artificially 'start' a woman's labour

' jaunisse - jaundice – a condition where a person's skin and the whites of their eyes take on a yellowish tinge. It is caused by an excess of a chemical called bilirubin in the blood and in newborns often resolves itself

les lèvres - labia – the flaps of skin around a woman's vagina

' accouchement - labour – the process a woman's body goes through when her baby is born

consultante en lactation - lactation consultant – a healthcare professional who is trained to provide information and support about breastfeeding



faible poids de naissance - low birthweight – when a baby weighs less than 2,500 grams at birth

infirmière en santé maternelle et infantile - maternal and child health nurse – a trained nurse who specialises in the health and development of children from birth to school age

méconium - meconium – a tar-like substance passed by a baby as their first poo. Passing meconium before birth may be a sign of fetal distress

la sage-femme - midwife – a person who has been specially trained to care for women during pregnancy, labour, birth and the post-birth period

modèle de soins - model of care – the way maternity care is organised

nausée matinale - morning sickness – nausea, vomiting and aversions to certain foods and smells that affect most pregnant women to some degree. Morning sickness can occur at any time of day, usually begins at four to eight weeks gestation and generally subsides by week 16 of the pregnancy

grossesse multiple - multiple pregnancy – when a woman is carrying more than one baby



naissance naturelle - **natural birth** - birth without any interventions for example a vaginal delivery rather than a caesarean section

neonatal period - **neonatal period** - the time from a baby's birth to four weeks of age

Unité de soins intensifs néonataux (UNSI) - **Neonatal Intensive Care Unit (NICU)** - a unit in the hospital for babies who need a high level of special medical care

nouveau-né - **neonate** - **newborn** - a newborn baby, up to four weeks of age

las garderie - **nursery** - a room in a hospital where babies can stay during the day or overnight

obstétricien - **obstetrician** - a doctor who has undertaken specialist training in pregnancy and childbirth

ovaires - **ovaries** - the female reproductive organs that release eggs into the fallopian tubes, where they may be fertilised if sperm are present

ovulation - **ovulation** - the monthly release of a mature egg from an ovary. A woman is most fertile around the time of ovulation



ovule - **ovum** – a human egg

pédiatre - **paediatrician** – a doctor who has undertaken specialist training in treating children

exercices du plancher pelvien - **pelvic floor exercises** – exercises a woman can do to strengthen the muscles in and around her vagina

hématome périnéal - **perineal haematoma** – a collection of blood, resembling a bruise, in the area between the vagina and the anus

le périnée - **perineum** – the area between the vagina and anus

placenta - **placenta** – the organ that connects to the wall of the uterus, that nourishes the baby through the umbilical cord

postnatal - **postnatal** – a term meaning 'after birth' (alternative terms are 'post-birth' and 'postpartum')

dépression postnatale - **postnatal depression** – a condition that affects some mothers in the days, weeks or months after giving birth

hémorragie postpartum - **postpartum haemorrhage** – when a woman loses more than 500 ml of blood after birth



prématuré - premature – when a baby is born before 37 weeks gestation

prénatal - prenatal – a term meaning ‘before birth’ (alternative terms are ‘antenatal’ and ‘ante partum’)

dechirure du deuxième degré - second-degree tear – a tear of the perineum involving both skin and muscles, but not the anus. Second-degree tears often require stitches



deuxième étape du travail - second-stage labour – the time from the complete dilation of the cervix (10 cm) to the birth

deuxième trimestre - second trimester – the time from 14 weeks to 26 weeks of pregnancy

pépinière de soins spéciaux (SCN) - special care nursery (SCN) – a unit in a hospital for babies who need special medical care

spina bifida - spina bifida – a birth defect that occurs during the first month of pregnancy when a baby’s backbone does not fully close, leaving part of the spinal cord exposed. Spina bifida cannot be cured, but a range of treatments and management options is available

travail spontané - **spontaneous labour** - when labour starts by itself (without medical help)

mortinaissance - **stillbirth** - the death of a baby after 20 weeks' gestation but before birth

les vergetures - **stretch marks** - discoloured stripey patterns that can appear on the abdomen, breasts, buttocks or legs during pregnancy because of skin stretching. They usually fade slowly after delivery

machine TENS - **TENS machine** - a 'trans-electrical nerve stimulation' machine used for pain management during labour

interruption de grossesse - termination of pregnancy - see 'abortion' above

salle opératoire - **theatre** - an operating room in a hospital or other health facility

déchirure du troisième ou du quatrième degré - **third- or fourth-degree tear** - a severe tear of the perineum involving the skin, muscles and anus. Stitches are used to repair these tears



troisième étape du travail - third-stage labour – the time from the birth of the baby to the birth of the placenta

troisième trimestre - third trimester – the time from 26 weeks of pregnancy onwards

trimestre - trimester – a time span of three months during pregnancy, each marked by different phases of fetal development



And now it starts...

