



Case summary and treatment plan for

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Case summary

Your experience of post-natal mood changes is likely driven by many underlying factors such as trauma history, family and personal medical history combined with other contributing factors related to sleep quality, stress, inflammation and possibly some residual impact from the gut microbiome, despite the improvement in symptoms you have seen.

Significant improvements have been seen with lexapro, and both you and your GP's desire to begin weaning from this medication can be supported to ease the transition and significantly reduce the risk of withdrawal side effects.

Your desire to conceive would be best supported at this time with nutritional pre-conception support with key nutrients such as folate, B12, B6, iodine, iron, vitamin D, and omega 3 fatty acids (fish oil), many of which can help to stabilise moods, and will therefore assist with weaning the lexapro.

02

Treatment goals

1. Improve physical and emotional resilience to facilitate weaning from Lexapro
2. Support sleep quality, digestion (change iron supplement), and immunity
3. Begin nutritional pre-conception support
4. Assess diet for adequacy of nutrients needed to support mental health, in particular protein, and slow burning carbohydrates
5. Support optimal fertility and favourable uterine environment when ready to conceive

Stage 1

Enhance resilience to prepare for weaning from medication

Preconception support

Stage 3

Begin weaning from medication

Stage 5

Facilitate healthy pregnancy and prepare for possible mood changes during or after next pregnancy.

Stage 2

Assess diet quality and implement gradual changes where needed.

Stage 4

Monitor progress and make changes to treatment course when necessary

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Prescription - Diet and Lifestyle

Complete a 3 day diet diary

Write down all foods and liquids consumed over the course of 1 work day and 2 other days on a piece of paper, notes app or whatever is most convenient for you (only if your diet is typically different between a work and non-work day - otherwise just choose 3 days which covers the variety of foods you typically consume). Try to separate out the days if you tend to eat leftovers for several days. The goal is to try to capture a broad understanding of your eating habits.

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Prescription - Supplements

Product	Dose	Rationale
Natal Care	2 capsules with breakfast or lunch	Nutritional pre-conception support
BioHeme	2 capsules daily with dinner	Nutritional pre-conception support - increase iron levels before next pregnancy. Use instead of, or after finished with maltofer.
Blackmores fish oil 1000	2 capsules twice daily with food	Omega 3 fatty acids for mood, immune and pregnancy support *Use until you have run out then switch to below formula*
"Omega Ease" OR "Blackmores Omega Double"	1 capsules twice daily with food	As above. Higher quality fish oil.
Mood FX	1 capsule daily	Contains saffron and probiotics which support mood and the gut microbiome. Primary support for weaning off Lexapro.
Mag duo	1 scoop before bed	Support mood and sleep quality
BicoZn	1 capsule with breakfast or lunch	Contains Zinc, which supports mood and immunity. Zinc intake is reduced in a vegetarian diet.

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Prescription - Daily routine

Product	Breakfast OR Lunch	Dinner	Before bed
Natal Care	2 capsules		
BioHeme		2 capsules	
Blackmores fish oil 1000	2 capsules	2 capsules	
"Omega Ease" OR "Blackmores Omega Double"	1 capsule	1 capsule	
Mood FX		1 capsule	
Mag duo			1 scoop before bed
BicoZn	1 capsule		

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Prescription - Other

1. Continue to follow the advice of your GP and psychologist