Where EVERYONE Matters

Pregnancy Advice
Information and advice for Gypsy, Roma and Travellers

Maternity

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net

Where can I get more information?
For information about giving birth, have a look at our 'Labour: what happens and how it can be managed' booklet and ask your midwife about antenatal classes later in your pregnancy.

Sources used for the information in this leaflet
National Institute for Health and Clinical Excellence, CG62 'Antenatal Care', March 2008
I’m pregnant what happens now?

Make a doctors appointment

Why?
• To confirm your pregnancy.
• So you can book an appointment with the midwife for between 2 and 3 months.
• If you have a medical problem we can offer you advice and treatment.

No GP?
You can refer yourself to your hospital midwife by ringing the Antenatal Clinic on 0121 507 4387.

Why do I need to see a midwife?
• To get to know someone who will be with you through your pregnancy
• To ask questions about your pregnancy
• To get information and advice
• To discuss tests that you need
• To check you and your baby are healthy
• To plan your care
• To talk about screening tests for you and your baby

What benefits can I get?
• Free dental care and prescriptions during pregnancy and until a year after your baby’s birth.
• Maternity grant of £500. You can claim this 11 weeks before your due date and up to 3 months after the birth.*
• Healthy Start vouchers for milk, fruit and vegetables or vitamins.*

*To be able to claim this you must be getting certain benefits.

Useful contact numbers
Antenatal Clinic (for hospital appointments) 0121 507 4387
Triage
Call this number if you are bleeding, in pain, your waters have broken, or if your baby is not moving 0121 507 4181
Community Midwives 0121 507 3774
Serenity Birth Centre, City Hospital 0121 507 5655
Why should I go to appointments?

You should go to your appointment so that problems that can affect you and your baby can be found and dealt with early.

What appointments do I need?

1st scan: Around 11 - 14 weeks

Why do I need this scan?
To check:
- The age of the baby
- How many babies
- The baby is growing in the right place and is developing normally

2nd scan: 20 weeks (around 5 months)

Why do I need this scan?
- To check the baby is growing well
- To check where the placenta is
- It is more detailed and looks at the baby’s organs and limbs and takes measurements of the baby
Ante natal check with midwife or obstetrician at 28 weeks):

Why do I need this appointment?

- To get your certificate of pregnancy
- To make sure you and your baby are well
- To talk about the results of your screening tests
- Other appointments will be made depending on your need
Where will I have my baby?

Your midwife will make a risk assessment of your previous medical and pregnancy history. If you have not had any problems you can choose to have your baby:

at home

or

in one of our birth centres

If you have your baby at home or in a birth centre you will be cared for by a midwife. There will be no doctors.

If you have a medical problem such as asthma, high blood pressure or diabetes you will be looked after by a doctor and a midwife and will be advised to have your baby in hospital where there is specialist support for you. This is because these conditions can affect pregnancy and you will benefit from more monitoring during labour.
Sometimes babies are smaller and your doctor might want to plan for the birth. Most women give birth normally but a small number of women need an operation – this is called a caesarean section. This is only done for your health or your baby’s health.

If your baby is born early or has a problem when they are born he/she will be looked after on our modern neonatal unit. You will be able to spend time with your baby on the unit and the baby doctors will explain about treatments they have.

Staying healthy while you are pregnant

Smoking
You are more likely to have a healthy pregnancy and a healthier baby if you do not smoke.

Alcohol
To protect your baby you should avoid alcohol when you are pregnant. Talk to your midwife about any concerns you may have.

Eat healthily
• Eat a healthy balanced diet. Your midwife will give you advice about this.
• Eat plenty of fruit and green leafy vegetables.

Foods to avoid
Avoid eating soft cheeses and foods that contain liver and uncooked eggs.
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