

Before having your baby (antenatal)

Information for patients

**Easy
Read**



Names and phone numbers

Your name is:

Your **partner's** name and phone number:

Your **parent's** name and phone number:

Your **friend's** name and phone number:

Your **carer's** name and phone number:

Your care

midwife



Your midwife will care for you during your pregnancy.

They will see you at home, at the GP surgery, in a local hub or in hospital.

doctors



Your midwife will decide when you need to see a doctor.

choice



We sometimes have students with the midwife.

You can choose not to have a student when you have care.

Routine

scan

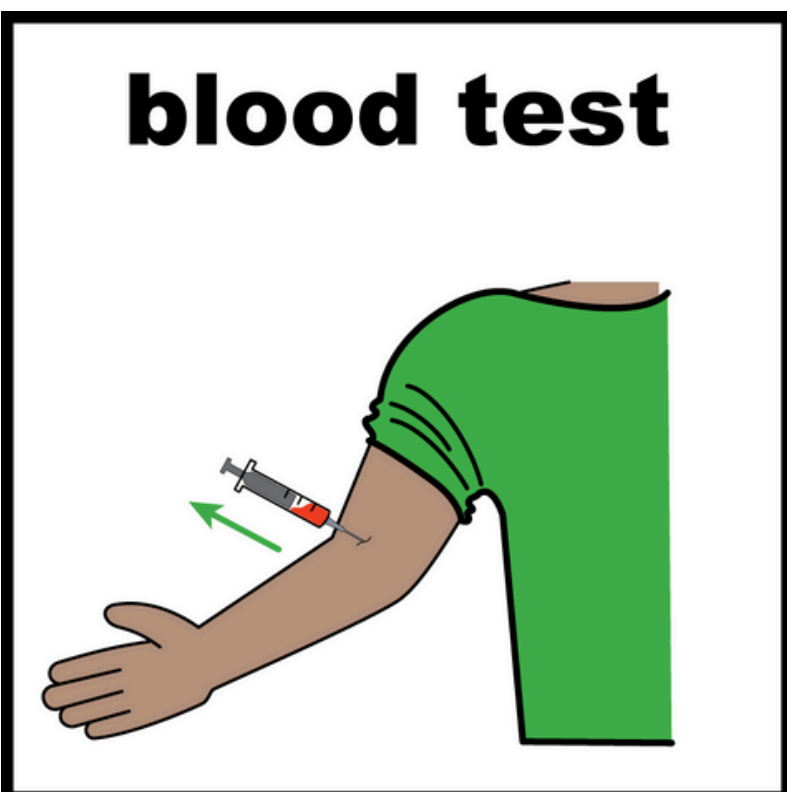


You will be offered at least 2 scans.

A scan at 12 weeks helps us give you a “due date”.

A scan at 20 weeks helps us check your baby’s growth.

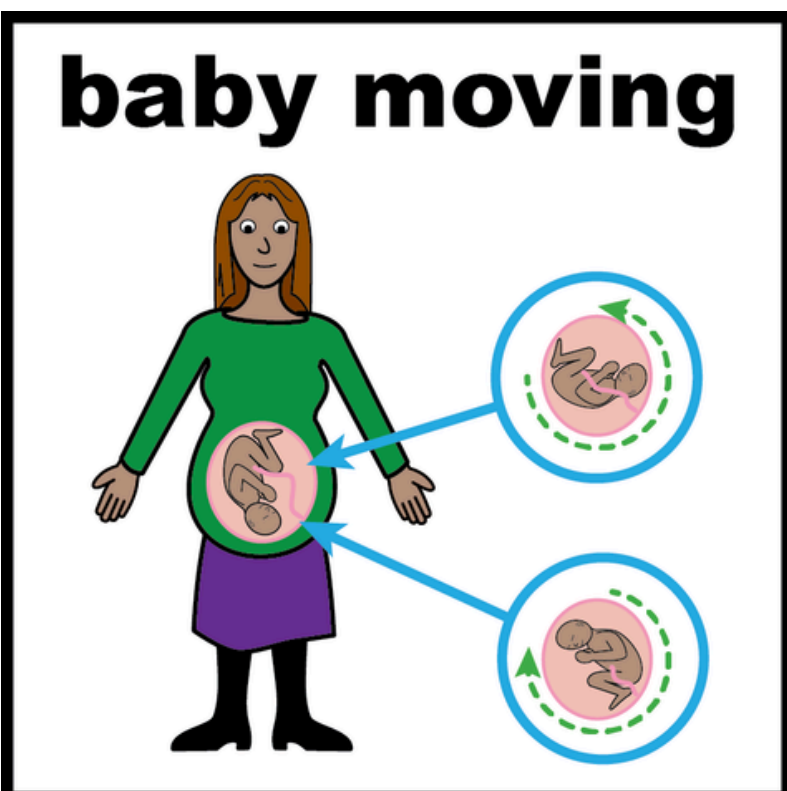
blood test



We will ask you if we can take blood from your arm.

This happens at the start of your pregnancy and at 28 weeks.

baby moving



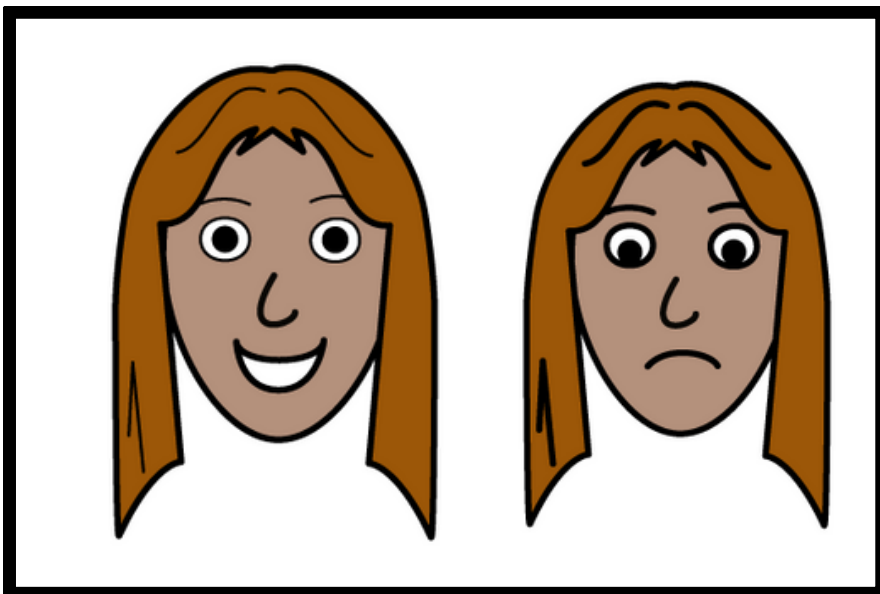
Your midwife will ask you about baby movements.

You should start to feel your baby moving between 16-24 weeks.

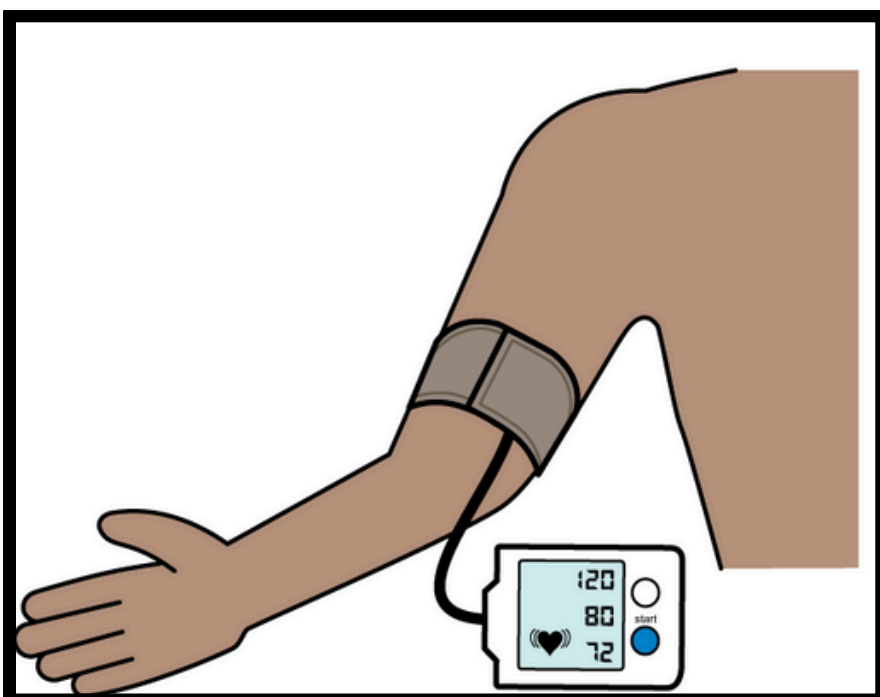
Your midwife will also measure your tummy.

Your appointments

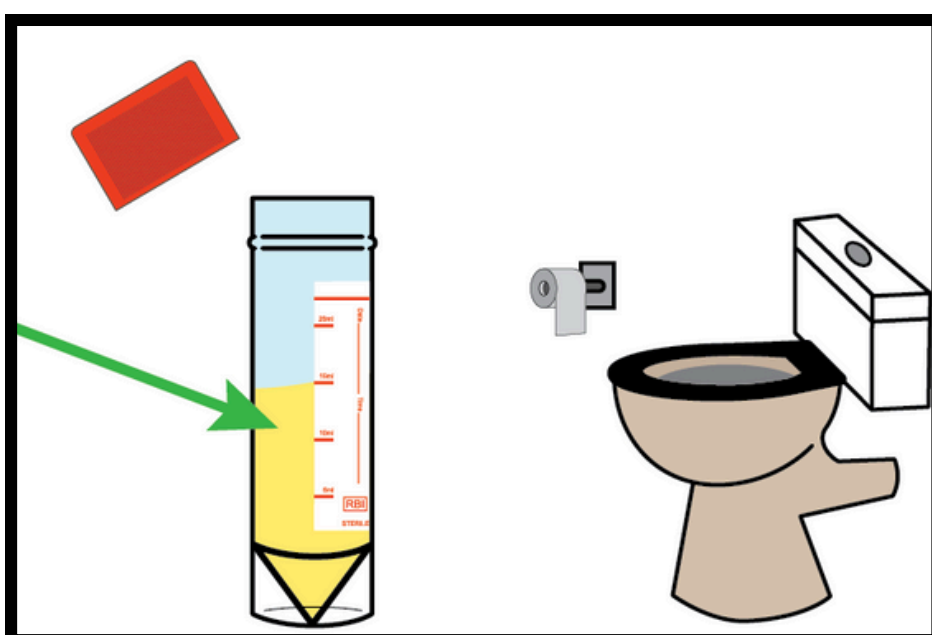
Your midwife or doctor will ask this at every appointment.



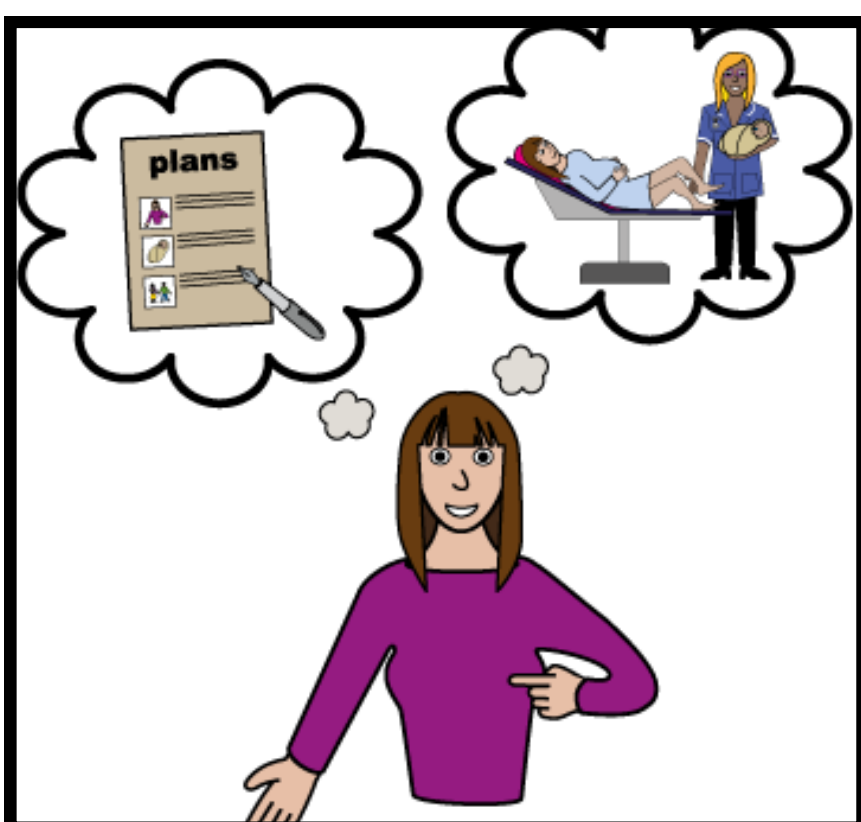
How do you feel?



Can I take your blood pressure?



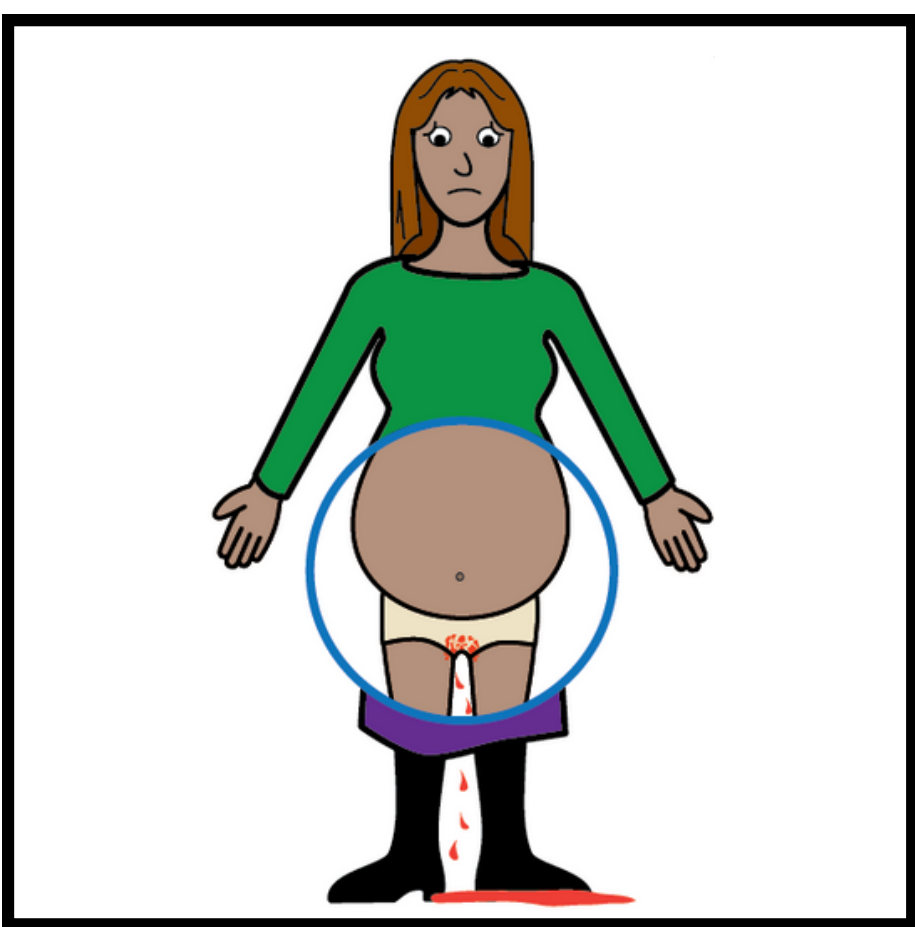
Can I test your urine?



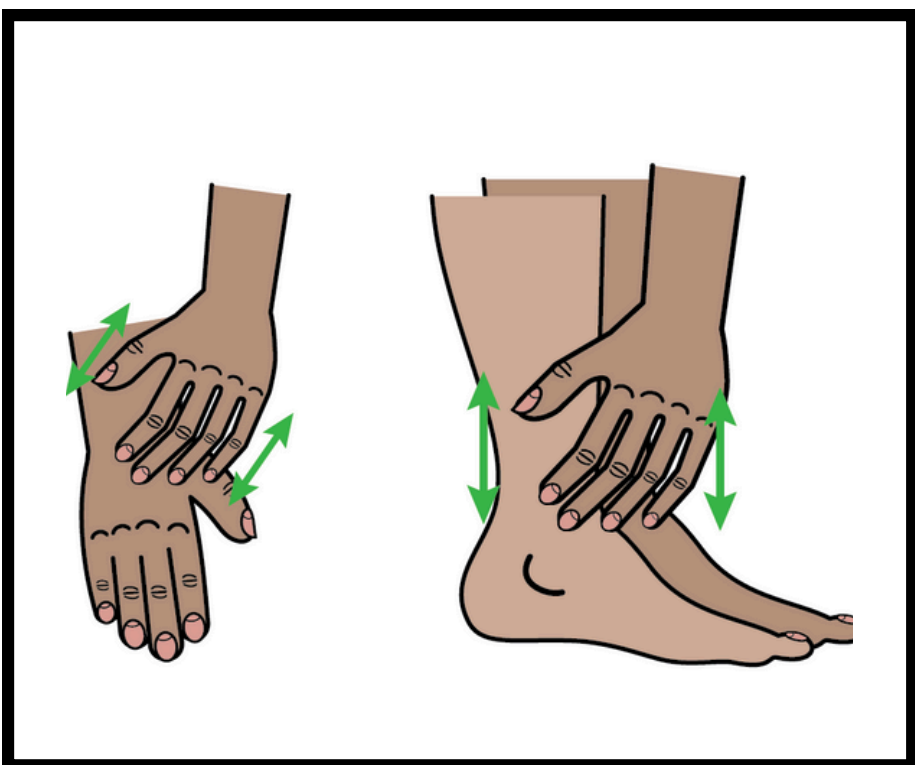
Do you have any questions?

When to call the hospital

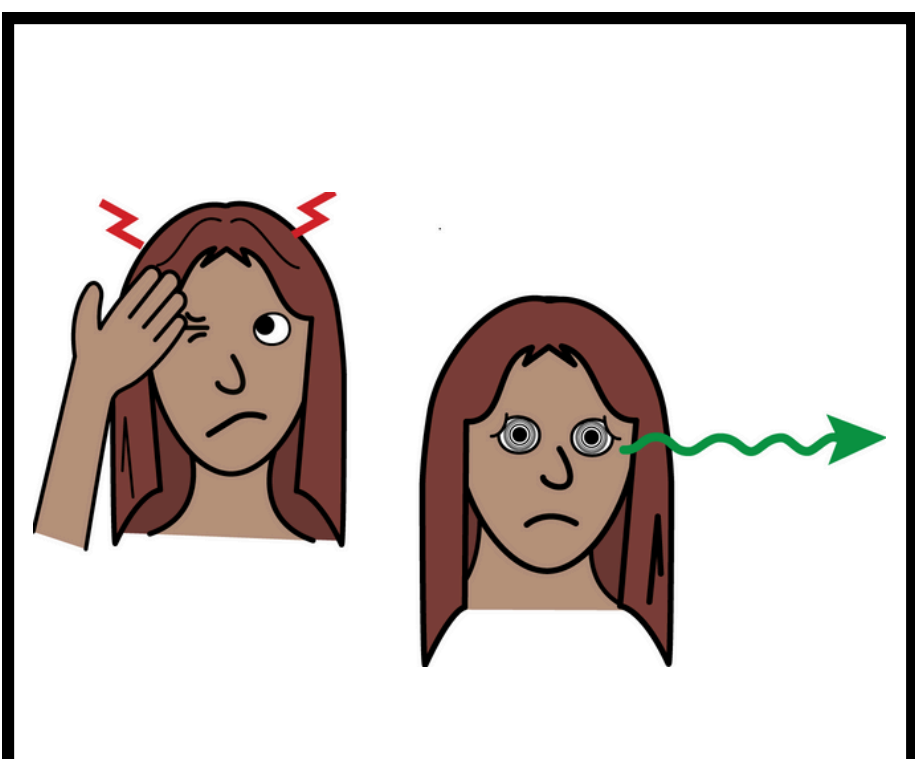
**Call the hospital midwives on
0247 696 7333 if you start having:**



Spotting or bleeding

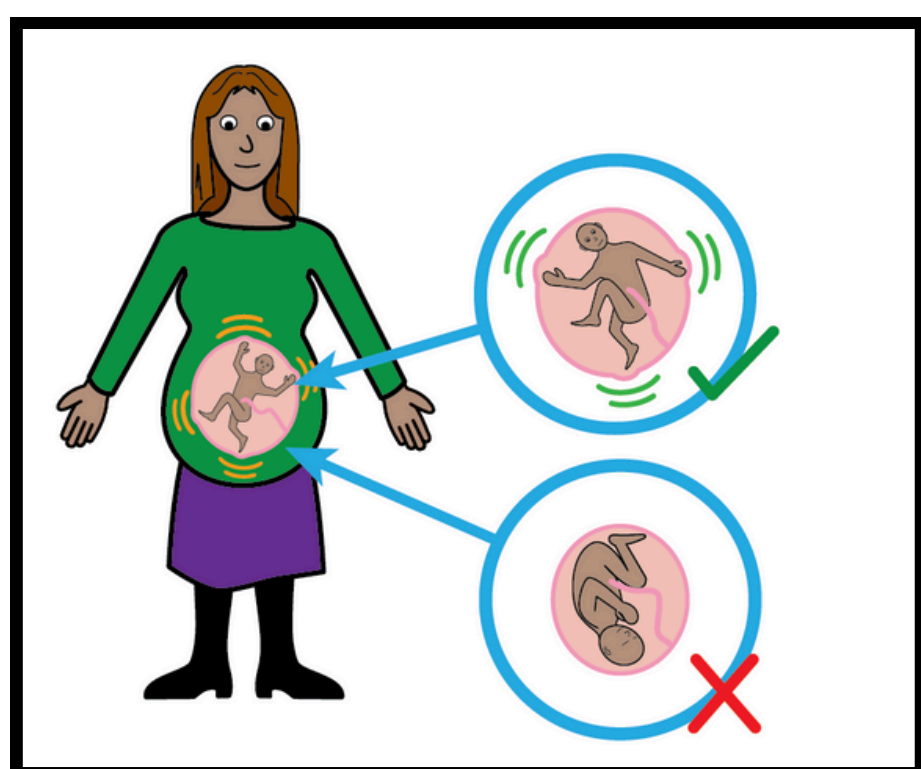


Itchy hands or feet



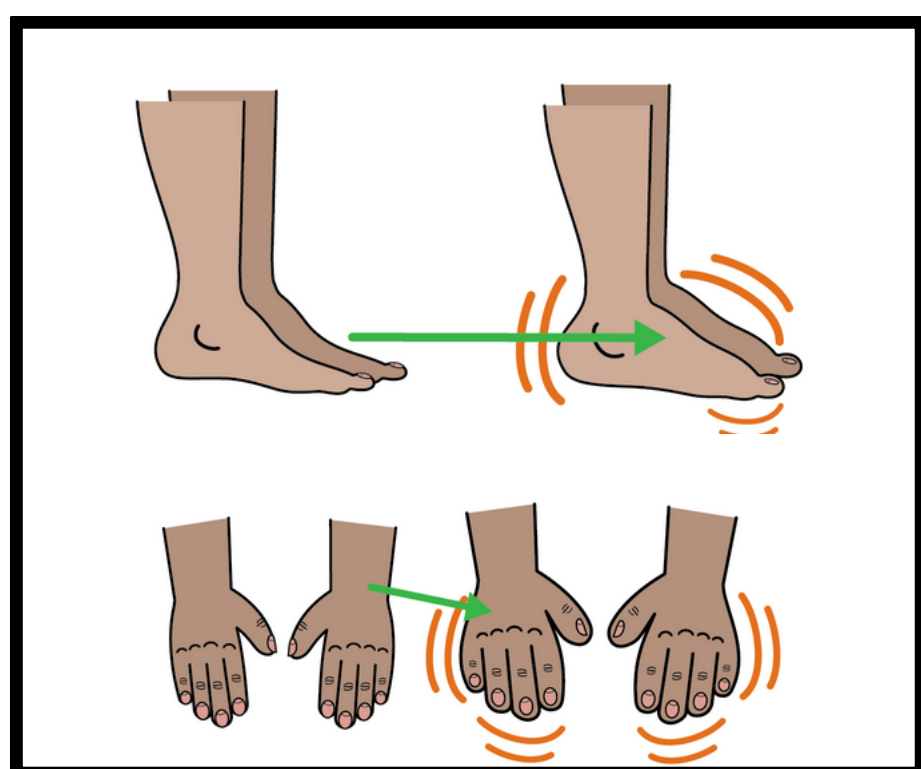
Severe headache or
blurred vision

**Call the hospital midwives on
0247 696 7333 if you start having:**

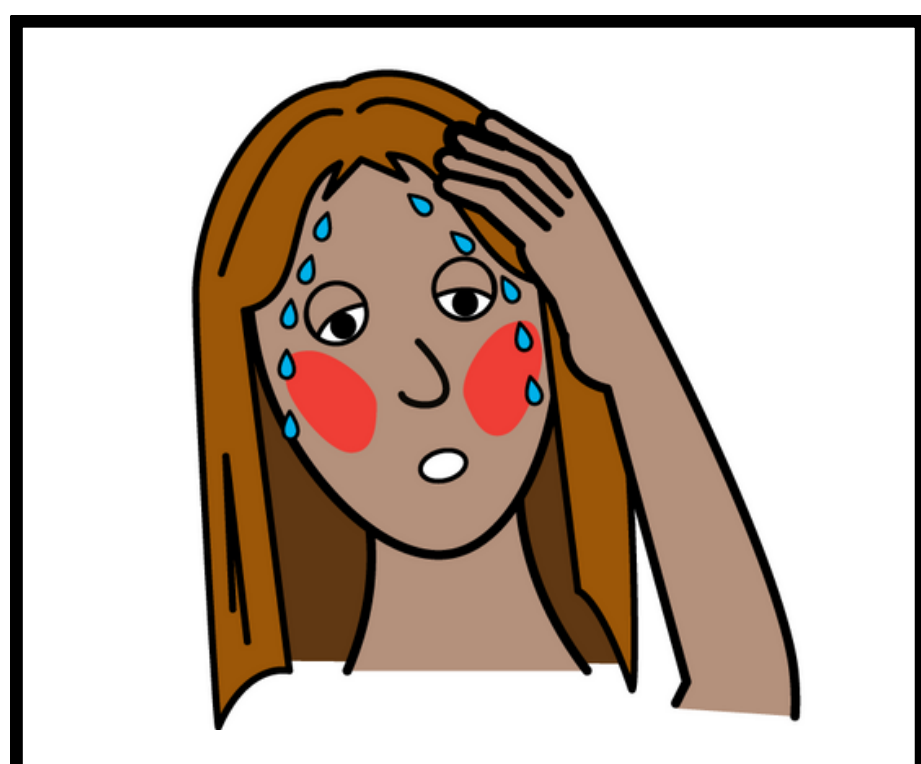


Changes to the baby's movements

Less or more baby movements

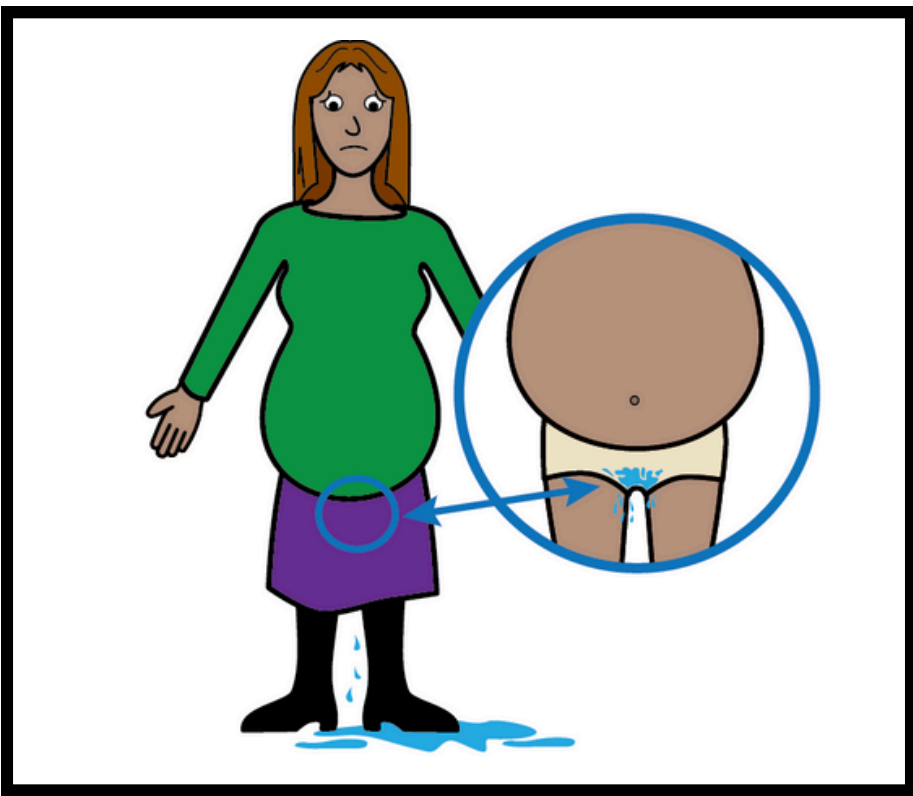


Swelling to your hands or feet

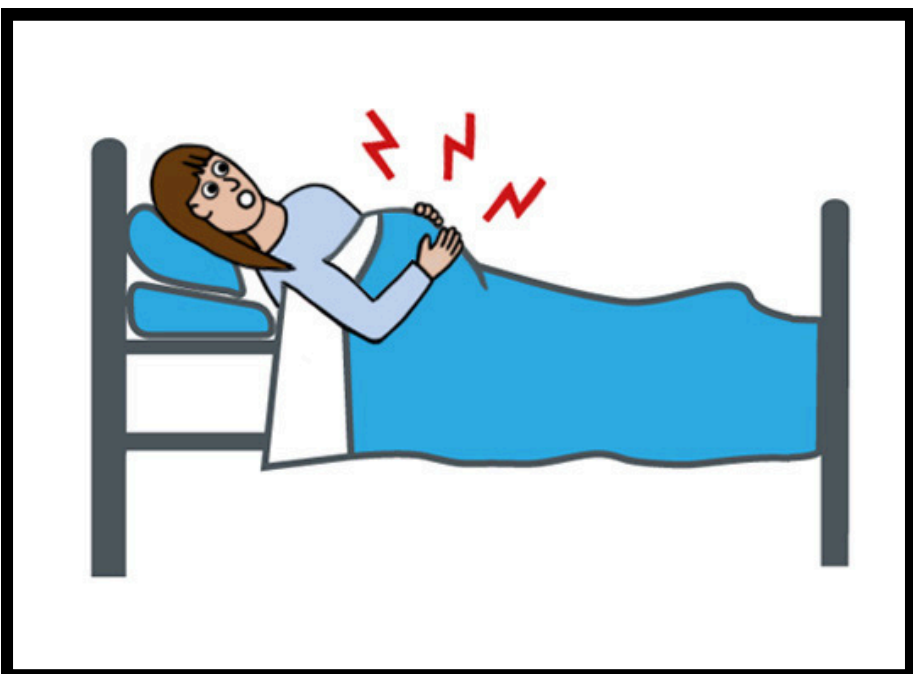


A high temperature

**Call the hospital midwives on
0247 696 7333 if you start having:**



Leaking fluid



Contractions

How you would like support

Write down my appointment dates and times.

I would prefer appointments at quieter times.

I would like a tour of where I will be cared for.

I do not like too many people in the room.

**You can write in this box how we can support you.
Or you can tell us.**



A large rectangular box with a solid black border and a dashed green inner border, intended for writing feedback.

What do you not like



Loud noises


Bright lights

Meeting new people

Being touched

**You can write in this box how we can support you.
Or you can tell us.**

**You can write in this box any medicines you take.
Or you can tell us.**



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