

Maternity

Maternity Triage services

The Maternity Triage Unit is next to the Labour Ward in the West Wing. It helps women who are more than 20 weeks pregnant or up to 6 weeks (42 days) after having their baby, especially if they have urgent health concerns relating to pregnancy or birth.

Before you come to the Maternity Triage Unit, please call us first unless it is an emergency.

Maternity Triage: 024 76967333

If you are less than 20 weeks pregnant, call Ward 23: 024 76967222

If you have had your baby, call the Post Natal ward: 024 7696 7315

Why call the Maternity Triage Unit first?

During pregnancy, your body changes a lot, and some changes might feel uncomfortable or worrying. Most of the time, these changes are normal and nothing dangerous. If you are worried, talk to a health care professional like your GP or community midwife first. If you can't reach them or think something might be serious, you can call the Maternity Triage Unit for advice and support.

Contact the maternity triage unit if you have:

- A bad headache that does not get better after taking Paracetamol
- Vaginal bleeding that is not mucus or sticky
- Strong itching on the palms of your hands or soles of your feet
- Painful, swollen, hot, tender, red skin, especially at the back of your leg below your knee
- Regular painful contractions before you are 37 weeks pregnant
- Regular painful contractions every 5 minutes, lasting 60 seconds, for more than 2 hours, after 37 weeks pregnant
- If you think your waters have broken



Patient Information

- Worries about your baby's movements
- Constant tummy (abdominal) pain
- Feeling unwell with a fever
- Any concerns after having your baby

What happens when you call?

When you contact the Maternity Triage Unit, a midwife will listen to you and ask questions about your situation. This helps the midwife decide if you need to come to the hospital or if it is better to see your GP. If you come to the hospital without calling first, a midwife might ask you to go home and make a doctor's appointment instead.

What will happen if you are told to come to hospital?

The midwife on the telephone will ask you to bring an overnight bag, including any medicines you are taking. When you arrive, you will need to register at the maternity reception desk, which is in the West Wing entrance of UHCW. This helps us give you a patient identification band and access your hospital notes. You will then be sent to the Labour Ward reception, who will tell the Triage unit you are here.

When you get to the Maternity Triage Unit, a midwife will introduce themselves and welcome you. The midwife will see you based on how serious your condition is, and not on the order you arrived. Sometimes, this means you may have to wait for a triage assessment, but we will try to see you as soon as possible. Once you have been checked, you might be asked to wait again if the Unit is busy and your condition is stable.

Minor pregnancy problems to talk about with your GP

- Backache and pelvic joint pain
- Constipation
- Feeling faint
- Headaches without visual problems
- Problems passing urine (incontinence or needing to go often)
- General itching
- Nose bleeds
- Swollen ankles, fingers, or feet
- Vaginal discharge
- Varicose veins

Some simple solutions for minor pregnancy problems

Backache and pelvic joint pain

- Avoid lifting heavy things
- Wear flat shoes
- Sit up straight
- Make sure to rest enough
- Your GP can prescribe a support corset if it hurts a lot
- Using a birthing ball can help improve posture
- Referral to a physiotherapist if needed

Constipation

- Eat plenty of fresh fruit and vegetables
- Eat more fibre
- Exercise regularly
- Drink lots of water
- If you take iron tablets, talk to your midwife or GP about changing them

Feeling faint

- Stand up slowly after sitting or lying down
- Lie on your side in bed, instead of flat on your back

Headaches

- Rest and relax
- Take a brisk walk outside
- Drink plenty of water to avoid dehydration
- Take Paracetamol if needed, and follow the packet instructions

Incontinence and needing to pass urine often

- Do pelvic floor exercises (ask your midwife or GP for support)
- Drink plenty of fluids during the day.
- Rock backwards and forwards when you pee to empty your bladder fully
- If peeing hurts or burns, you might have an infection – see your GP quickly

Patient Information

General itching

- Wear loose cotton clothes
- Moisturise dry skin every day
- If itching is very bad, contact your GP

Nose bleeds

- Press the sides of your nose below the bony part, between your thumb and finger, for at least 10 minutes. Repeat if needed.

Swollen ankles, fingers and feet

- Avoid standing for a long time
- Wear flat, comfortable shoes
- When sitting, put your feet up on a stool

Vaginal discharge

- Clear or white discharge is normal
- If discharge is coloured, smelly, itchy or sore, you might have an infection, and you should contact your GP

Varicose veins

- Don't cross your legs or stand for a long time
- Rest your legs up as much as you can, try to keep them raised
- Do regular leg and ankle exercises (ask your midwife for advice)
- You can buy support stockings from pharmacies to help with discomfort

Further information

If you need any help or advice, please contact us:

- Maternity Triage: 024 7696 7333
- Ward 23: 024 7696 7333
- Post Natal Ward: 024 7696 7315
- Fetal Well Being unit: 02476967427
- Community Midwifery Office (8:30 am to 4.30 pm): 024 7696 7424
- NHS: 111

Patient Information

Write your GP's telephone number here: _____

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 7333 and we will do our best to meet your needs.

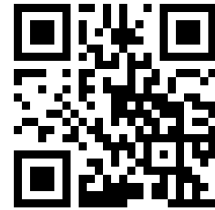
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