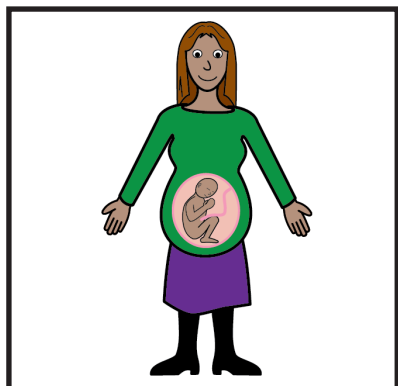


A guide to pregnancy

Information for patients





When you are pregnant you will have regular appointments with a midwife.



A midwife cares for women and their families during pregnancy, birth and after the birth.



Some women need to see a doctor when they are pregnant, your midwife will arrange this if you need to.



Your midwife appointments might be at a Doctors surgery, a Children's centre or another clinic.



My Midwife's name is:

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Telephone number:

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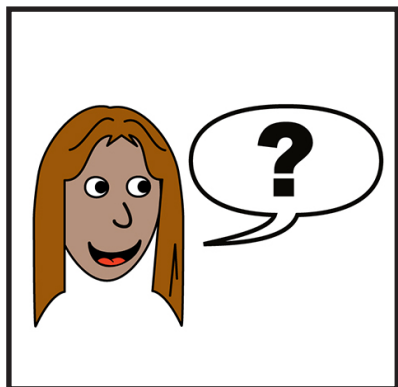
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My clinic is:

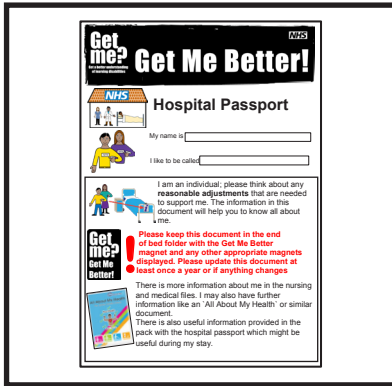
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At the first appointment, your midwife will ask you:

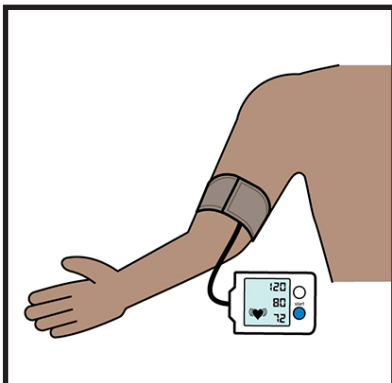
- Your name and address
- Who your doctor is
- Your next of kin and their phone number
- When you were born
- Questions about you and your health



If you have a hospital passport, please show it to your midwife.

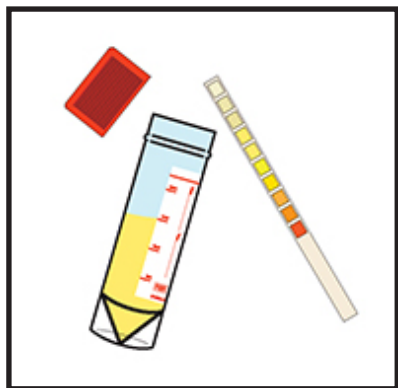


It is a good idea to bring a friend or relative with you to the appointments.

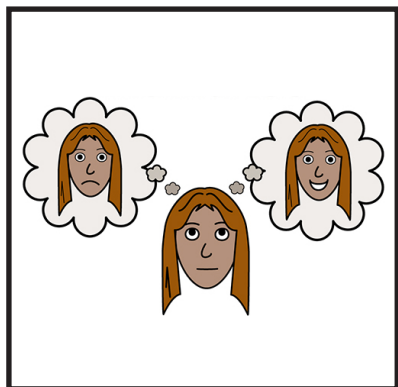


Every time you see your midwife she will:

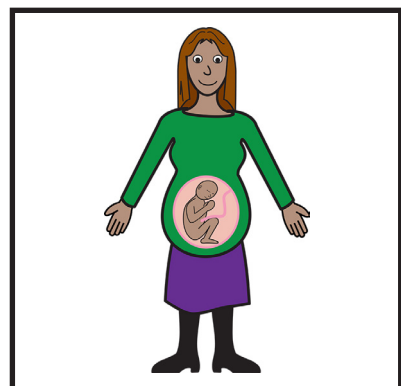
- Take your blood pressure



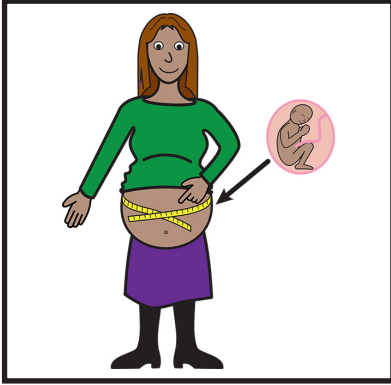
- Test your urine



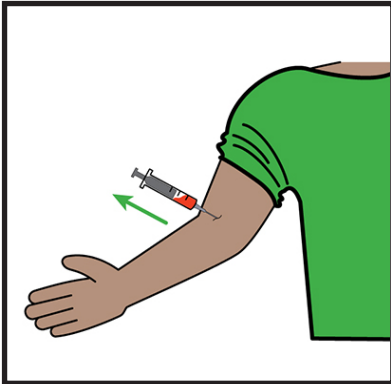
- Talk to you about how you are feeling



- Talk to you about your baby



As your baby grows she will measure your bump with a tape measure.



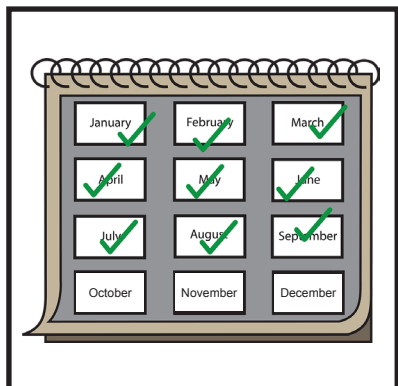
Your midwife will offer you some blood tests and some scans of your baby.



Scans are done at the hospital.

My hospital is:

.....
.....



Pregnancy lasts 9 months or 40 weeks.

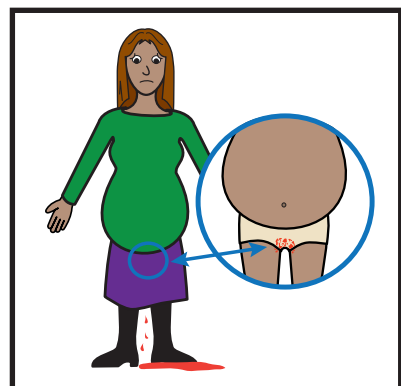


Call a midwife on:

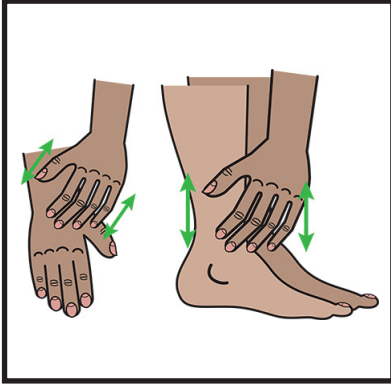
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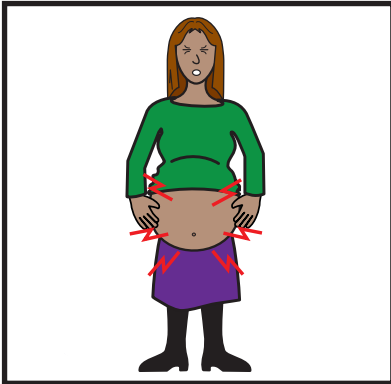
if you find any of the following...



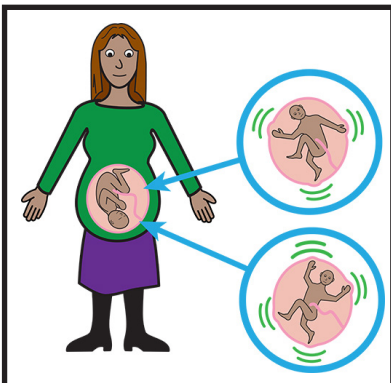
- Spotting or bleeding



- Itching hands or feet



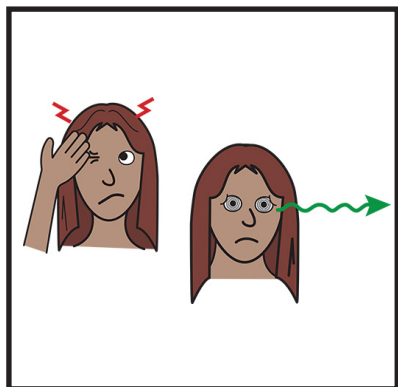
- Contractions



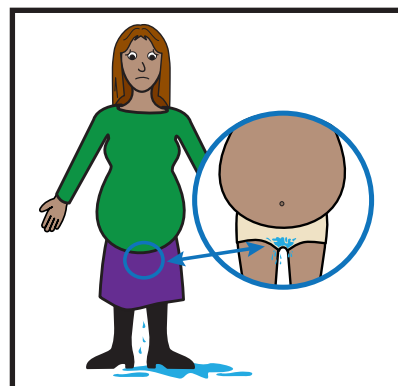
- Change in baby's movements



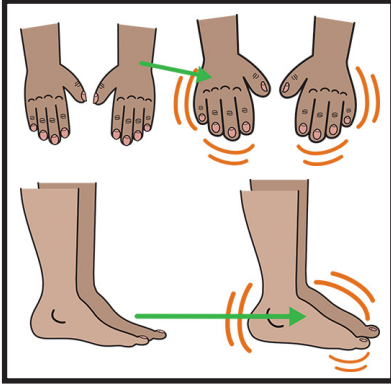
- High temperature



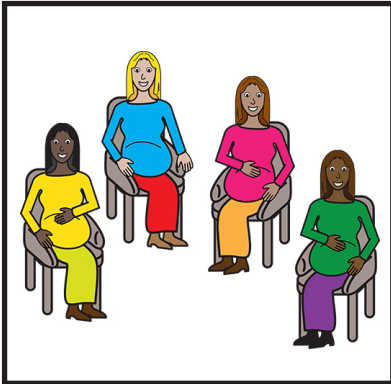
- Severe headache or blurred vision



- Leaking fluid



- Swollen hands or feet



It is good to go to some classes to learn about what is happening to your body and to learn about your baby.

My classes are at:

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information



Other information:

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For more information please go to

**[www.necdnetwork.co.uk/
work-programmes/health-inequalities/maternity/](http://www.necdnetwork.co.uk/work-programmes/health-inequalities/maternity/)**

 **@necdnetwork**

 **england.learningdisabilitynetwork@nhs.net**

Easy Read



This leaflet has been co-developed by Leeds Teaching Hospitals NHS Trusts which has kindly been shared so it can adopted by the North East & North Cumbria.



**The Leeds
Teaching Hospitals**
NHS Trust

© The Leeds Teaching Hospitals NHS Trust • 2nd edition (Ver 1)
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Produced by: Medical Illustration Services • MID code: 20211012_005/BP

LN004580
Publication date
11/2021
Review date
11/2023