



Humber and North Yorkshire
Health and Care Partnership

Local Maternity and Neonatal System

A guide to pregnancy

The NHS provides maternity care — including antenatal, birth, and postnatal care — free of charge to women who fall within the following categories:

Ordinarily resident in the UK: requires a person to live within the UK lawfully, voluntarily, and with the purpose of settling.

EEA nationals insured by another European state.

Those exempt from charges: including refugees, asylum seekers, legal residents for at least 12 months, workers employed by a UK organization, and self-employed persons.

To book for maternity care please contact:

Hull Women and Children's Hospital

Please contact the direct access midwives on 01482 605304 text 07825 280822 or email hyp-tr.direct.access@nhs.net. They will arrange your first appointment to see a midwife.

Grimsby's Diana Princess of Wales Hospital

Please call the North East Lincolnshire midwifery base on 03033 305232 or for Louth Hospital 01507 631210.

Scunthorpe General Hospital and Goole and District Hospital

Please call the appropriate midwifery base as detailed below.

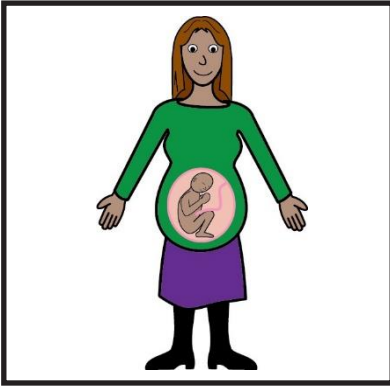
Goole - 03033 304079, Brigg - 03033 30686, Barton/Winterton - 01652 6600520, Cottage Beck - 03033 303295, Isle Team - 01724 712925.

York Hospital and Scarborough General Hospitals

Please access the self-referral process through BadgerNotes.



If you do not speak English you may need to have someone with you to help with a telephone call, the person you have called will call you back with an interpreter.



When you are pregnant you will have regular appointments with a midwife. It is advisable to have your first appointment before 12 weeks.



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



Some women also need to see a doctor as well as a midwife, when they are pregnant.

Your midwife will arrange this.



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



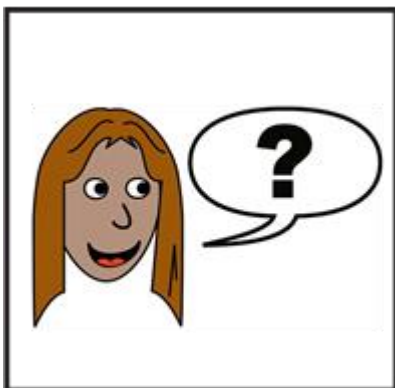
My Midwife's name is:



Telephone number:



My clinic is:



At the first appointment, your midwife will give you your maternity notes. You will take these notes to every appointment during your pregnancy.

The midwife will make you an appointment for an ultrasound scan at this appointment.

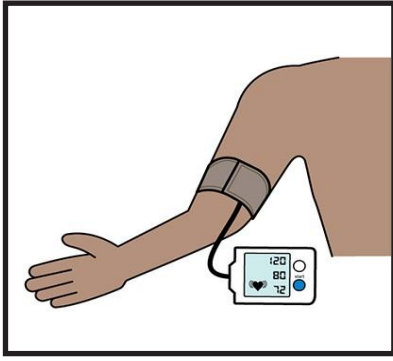


You can bring a friend or relative with you to the appointments. The midwife will use an interpreter if you do not speak English.



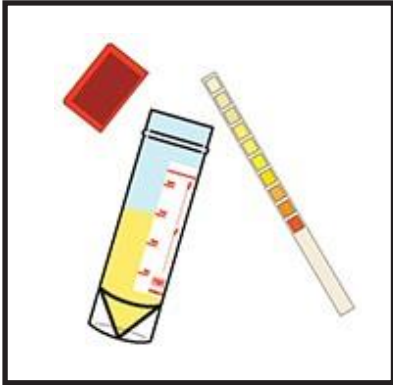
If you're expecting your first child, you'll have up to 10 antenatal appointments.

If you have had a baby before, you will have around 7 appointments, but sometimes you may have more – for example, if you develop a medical condition.

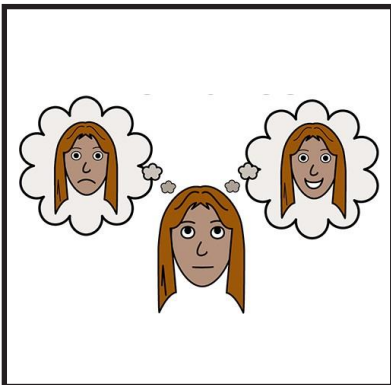


Every time you see your midwife they will:

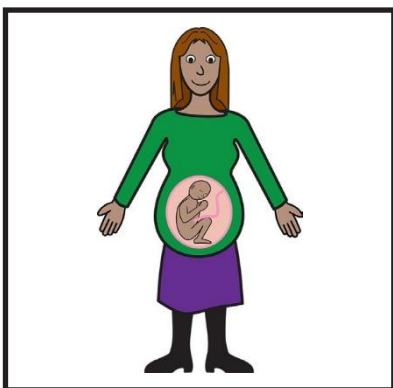
Take your blood pressure.



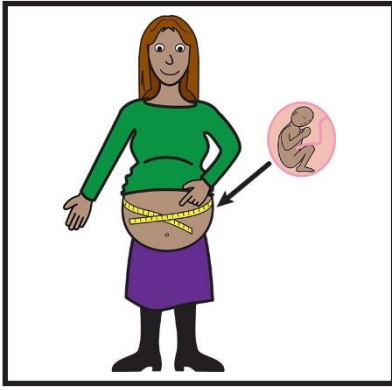
Test your urine.



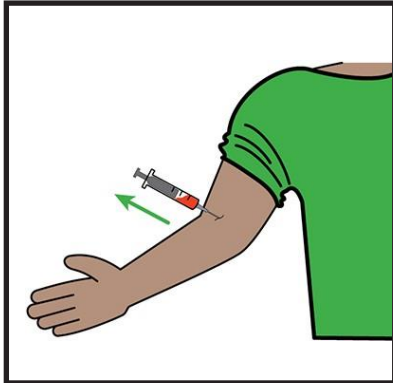
Talk to you about how you are feeling emotionally and can refer you for extra support.



Talk to you about your baby's movements.



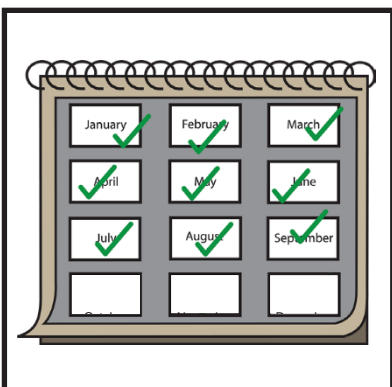
As your baby grows, your midwife will measure your bump with a tape measure and plot your baby's growth in your maternity notes.



Your midwife will offer you some blood tests at the first appointment and at the 28 week appointment. These check for your blood group, an iron count and infection screen.



Scans are done at the hospital. These are routinely performed at approximately 12 weeks and 20 weeks. Some women will need extra scans.



Pregnancy lasts 9 months or 40 weeks.

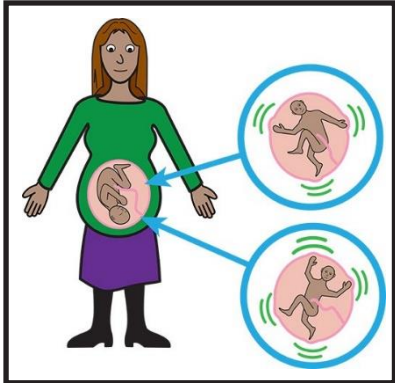


Call a midwife on:

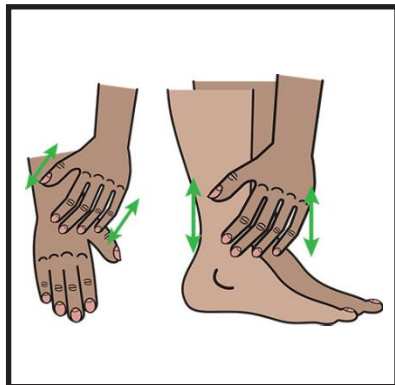
York Maternity Triage - 01904 726869

Scarborough Maternity Triage - 01723 236869

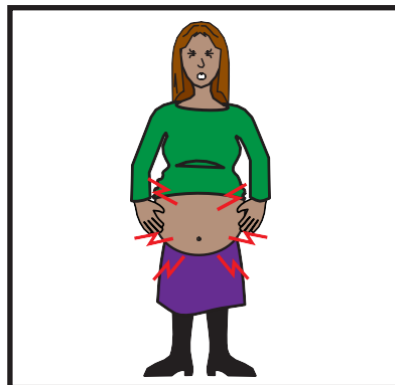
if you find any of the following:



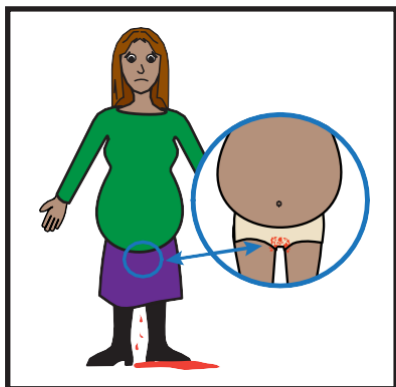
Change in baby's movements.



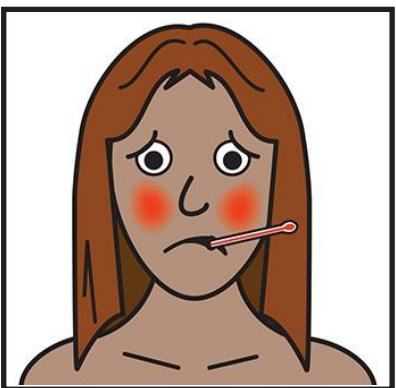
Itching hands or feet.



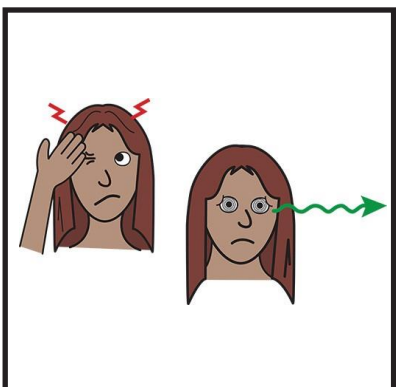
Contractions or pain in the stomach which is getting worse.



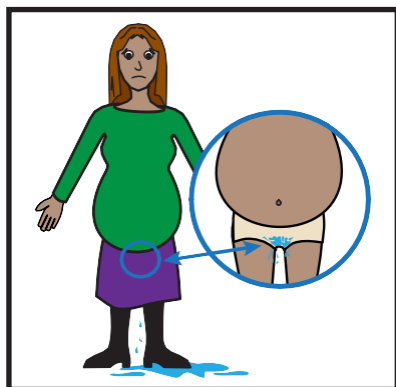
Spotting or bleeding.



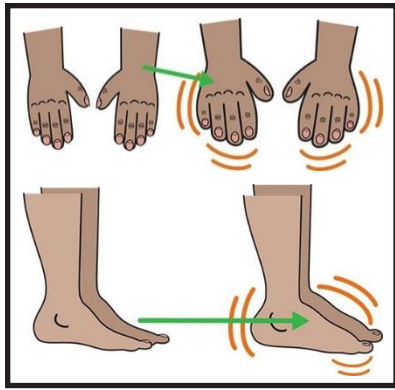
High temperature.



Severe headache or blurred vision.

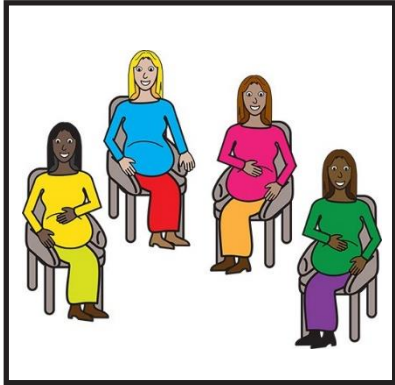


Leaking fluid.



Swollen hands or feet.

This can be normal if you do not have any other symptoms, but if you are worried, please contact your hospital.



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

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The LMNS has an Ask the Midwife service which is run over social media or by emailing hny.lms@nhs.net. To find out more please go to:

<https://www.humberandnorthyorkshirematernity.org.uk/support1/ask-a-midwife/>

Access <https://www.humberandnorthyorkshirematernity.org.uk/> for more information to support people who are thinking of having children, who are already pregnant or who have recently had a baby.