

Early Pregnancy Information

Congratulations on your pregnancy!

Midwives work within the hospital and community and will care for you throughout your pregnancy, labour and postnatal period. Your community midwife will complete your Pregnancy Record on the Maternity Information System, and will generate a username and password which will be sent via text message, to enable you to access your Online Pregnancy Record via the following website: <https://mypregnancy.dbh.nhs.uk/Secure/logon.aspx>

If you **do not** have access to the internet, please let your community midwife know immediately, to enable her to request a paper copy of your pregnancy record which can be provided at your 12 week Dating Scan appointment.

Common pregnancy symptoms

You may experience a number of symptoms during pregnancy. Most of these are normal and will not harm you or your baby, but if they are severe or you are worried about them, speak to your GP. You may feel some tiredness, sickness, headaches or other mild aches and pains, or have heartburn, constipation or haemorrhoids. There may also be some mild swelling of the face, hands or ankles, or varicose veins in the latter stages of pregnancy. Vaginal bleeding is common in early pregnancy and does not always mean there is a problem. However, bleeding can be a warning sign of a miscarriage. Please contact your GP or Triage (see below) if you experience any of the following symptoms:

- Any vaginal bleeding.
- Severe abdominal pain.

General information

Your community midwife will have discussed a wide range of information with you at your first appointment, including:

- Healthy Eating and Drinking
- Vitamins and Mineral Intake
- Reduction of Caffeine Intake
- Travel
- Car Safety
- Work and Benefits



- Alcohol Consumption
- Use of Drugs/Medication
- Smoking
- Hygiene
- Exercise
- Relationships
- Domestic Abuse
- Breast Feeding

If I have questions, who should I contact?

If you have any questions or concerns, please contact the numbers below, or visit the websites below:

Triage: 01302 647071

The Hub: 01302 553245

GP:

Early Pregnancy Information Centre:

<http://www.earlypregnancy.org.uk>

The Pregnancy Book:

<http://www.publichealth.hscni.net/publications/pregnancy-book-0>

Screening Tests for You and Your Baby:

<http://http://www.screening.nhs.uk/screeninginfo>

Translated Versions of the Booklet:

<http://www.screening.nhs.uk/cms.php?folder=2384#fileid9006>

Healthy Diet in Pregnancy:

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/healthy-pregnancy-diet.aspx>

Breast Feeding:

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/why-breastfeed.aspx>

Work and Benefits:

<https://www.gov.uk/browse/benefits/families>

Your next community midwife appointment

Date: Time:

Venue:

Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary.

Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk

