

# Your choices



**before**



**during**



**after**

# you are pregnant



This is an easy read booklet to help you choose what is right for you

# Pregnancy journey



When you find out you are pregnant book an appointment to see a midwife.

**Up to 10 weeks**



At the first appointment we will talk about the tests you will have to help keep you safe.

**12 weeks**



You will have a scan to check your baby is ok. You can choose to have an extra blood test to see if your baby might have Downs Syndrome, Edwards Syndrome or Patau Syndrome. We will talk to you about what this means.

**16 weeks**



We will check how things are going. We will take your blood pressure and wee sample.

**18-22 weeks**



You will have a scan to check your baby is growing normally.

**25, 31  
and 40  
weeks**



If this is your first pregnancy you will have health and wellbeing checks.

**28 weeks**



You will have some blood tests.

**34 weeks**



You will have a pregnancy health and wellbeing check.

We will look at your blood test results.

**36 and 38  
weeks**



You will have pregnancy health and wellbeing checks.

**41 weeks**



We will talk to you about what we can do to help labour get started.



**Remember at each appointment you can talk about how you are feeling.**

We know pregnancy can be a tricky time. You can ask your midwife any questions.

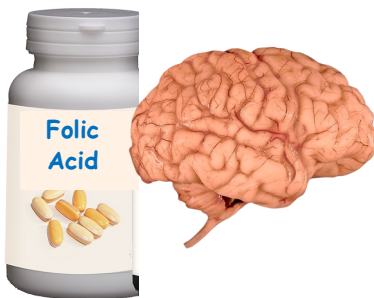
# Top tips once you are pregnant



Book to see the **midwife** as soon as possible



At your appointment you will talk about the **tests** you will have during pregnancy



Start taking 400mcg **folic acid** every day. This helps your baby's brain



Start taking 10mcg **vitamin D** every day. This helps your bones and muscles



Eat **healthy** food



## Wellbeing

Try and look after yourself. Do things you **enjoy**



**Talk** to someone about how you feel



Be active

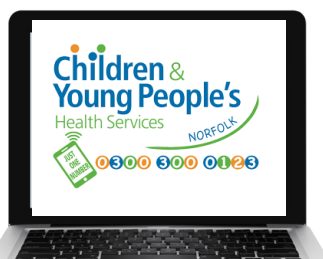
Take gentle **exercise** every day



Ask for **help** with things you find hard like childcare, shopping and cleaning



Try to get plenty of **rest**



[www.justonenorfolk.co.uk](http://www.justonenorfolk.co.uk)



[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

For more information and support go to **Just one Norfolk** or **One Life Suffolk**

# When to get in touch for help



Baby's movements have slowed down or changed



Bleeding from your vagina



Discharge in your knickers that is not normal



Signs of pre-eclampsia - swelling, bad headache, sickness, problems with sight and bad tummy pain



If you are worried call your maternity unit or call 111.  
Call 999 if it is an emergency

# Your care and how we work together

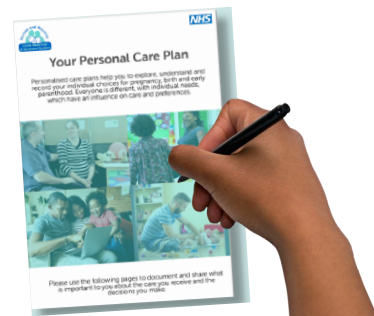


From your first midwife appointment we will work together to help you plan your pregnancy journey.

We will use the Personalised Care Plan (PCP) to help you make informed choices by...



Recording what is important to you and your family



Updating your plan during your pregnancy



Chatting with you about your birth plan



Planning what is important to you after the baby comes

# Choices about where to give birth

You can choose where to give birth at:

 <p><b>Home</b></p>	 <p><b>A birthing centre</b></p>	 <p><b>A delivery room</b></p>
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In Norfolk the birthing centres and delivery rooms are at:

 <p><b>Norfolk and Norwich Hospital, Norwich</b></p>	 <p><b>The Queen Elizabeth Hospital, King's Lynn</b></p>	 <p><b>James Paget Hospital, Great Yarmouth</b></p>
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Maternity services will support you to give birth at your first choice. If there are any health worries or difficulties with you or your baby this may change.



# Home birth and birth centres



If you have no health worries for you or your baby then you can choose to have your baby at **home** or in a **birthing centre**.



If you have your baby at **home** you will have support from midwives. Being at home can help you feel relaxed.



A **birth centre** is run by midwives and are usually homely, calm and relaxing. Birthing pools can be used. Being in water helps you to relax and is soothing.



There are different types of pain relief you can try.



For an **epidural** and any other difficulties, you will need to be taken to the delivery room during labour.

An **epidural** is an injection in your back to stop you feeling pain.

# Delivery room and your choices



If you have any health worries for you or your baby you may be advised to give birth in a delivery room in hospital.

Doctors are available to help if needed.

## This may be the best option if you:



are planning a **caesarean** birth or you think it may happen



know your baby will need special care straight away



would like an **epidural** to stop the pain

A **caesarean** birth is an operation to deliver your baby through a cut made in your tummy and womb.



You can chat through these choices with your midwife.

This will help you make the best decision for you and your baby.

# After your baby comes



After your baby is born there will be checks to make sure they are safe and well.

After leaving hospital these will be carried out by the midwife at your home or clinic.



Spend time holding your naked baby against your naked skin.

This helps your relationship, your baby's brain and body and helps breastfeeding.



Breastfeeding helps you and your baby's health.

Your midwife, health visitor and support groups can help breastfeeding.



Babies crying can be hard to deal with.

Always handle your baby with care.

It is ok to take a break when you need to.

# Your wellbeing



If you are finding things tricky during your pregnancy or after giving birth please speak to your midwife or Doctor.



You will be asked at your midwife appointments about your mental and physical health.



This will make sure you are getting the right support and care to look after you.



0300  
300 0123

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Made by the Norfolk & Waveney Local Maternity & Neonatal System with Norfolk and Waveney Clinical Commissioning Group, Norfolk & Norwich Hospital, James Paget Hospital, and Queen Elizabeth Hospital, King's Lynn, Cambridge Community Services.



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