

PREGNANCY BOOKING PACK



Welcome to NHS Lothian maternity services

Congratulations on your pregnancy. This leaflet explains what to expect at your first midwife appointment and provides additional information that you may find useful.

NHS Lothian wants you to be at the centre of all decisions about your maternity care. We will work in partnership with you and empower you to make informed choices about your pregnancy, birth and beyond.

One midwife will provide most of your care and will support you through your pregnancy. They are your “named midwife”. You may occasionally see other midwives from the same midwifery team. Most of your appointments will be near to your home, but you may need to travel to another site for your scans or appointments with other members of the maternity team.

In NHS Lothian we offer three settings in which you can have your baby: a birth at home (homebirth), a birth in the Lothian Birth Centre (midwifery-led unit), or in one of our two Labour Wards (obstetric units). During your antenatal care your midwife will discuss these with you.

Vitamin supplements in pregnancy

We recommend taking folic acid (400 micrograms) and vitamin D (10 micrograms) daily throughout your pregnancy to support you and your developing baby. It would be beneficial for you to start taking these as soon as possible. If you start them before your first appointment, only buy a small amount as your midwife can provide you with a free course of **Healthy Start vitamin tablets** at your first appointment. These tablets contain: 400 micrograms of folic acid, 10 micrograms of vitamin D and 70 milligrams of vitamin C.

We would advise you to take a larger amount of folic acid (5 milligrams) if:

- You’ve previously had a baby with a neural tube defect such as spina bifida, or someone in your close family has a neural tube defect.
- You’re taking medicines for epilepsy.
- You have diabetes or coeliac disease.
- Your body mass index (BMI) is 30 or more.
- You have sickle-cell anaemia or thalassaemia.

If any of the above apply, please contact your GP to ask them to prescribe this for you.

Feeding you and your baby

Eating well and being active in pregnancy is the best way for you to stay healthy and help your baby grow and develop. Eating a diet of different food groups and avoiding certain foods during pregnancy is important.

For more information on eating well and being active during pregnancy go to:

NHS Inform – Looking after yourself and your baby

www.nhsinform.scot/ready-steady-baby/pregnancy/looking-after-yourself-and-your-baby/



You may be eligible for **Best Start Foods**, a payment that can help you buy healthy foods like milk or fruit during pregnancy and when your child is under 3.

More information about Best Start Foods and other benefits is available at:

mygov.scot – Best Start Foods

www.mygov.scot/best-start-grant-best-start-foods



Worrying about money

The **Independent Food Aid Network** works alongside Local Authorities and other organisations to co-produce step-by-step 'Worrying about Money' guides. These guides can help you to identify which local agencies are best placed to help you to access any financial entitlements and maximise your income.

You can access the leaflets online:

www.foodaidnetwork.org.uk/cash-first-leaflets



Smoking during pregnancy

Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life. Smoking doesn't make labour or birth any easier or less painful, and it won't affect the size of your baby's head. Smoking can slow down growth, which means your baby could have health problems. It can be difficult to stop smoking, but it's never too late to quit.

Quit Your Way Scotland is a free advice and support service for anyone trying to stop smoking in Scotland. You can contact an adviser on 0800 84 84 84, Monday to Friday 9am to 5pm or visit the link below:

www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/quit-your-way-scotland/



Your booking appointment (first appointment with your midwife)

At your first appointment, your midwife will invite you to talk about any medical issues, past pregnancies and any social circumstances that may be affecting you.

Your midwife will work with you to plan and co-ordinate your care. Your midwife will discuss what options you have and give you the information you need so that you are supported to make decisions about your care throughout your pregnancy. If needed, they may arrange appointments for you with other healthcare professionals to ensure you and your baby get the best care. We will also ask for a urine sample at this appointment so please bring some water to drink with you.

The first appointment will last around one and a half hours (90 minutes).

You are welcome to bring your partner, family member or friend if you wish. Your midwife will ask you in by yourself at the start of your appointment and then invite your companion to join.

All your antenatal care is recorded in your maternity notes (blue folder) which your midwife will give you. It is important that you look after them and bring them with you to all appointments.

Next appointments with your midwife

You'll usually have between 8 and 10 appointments with your midwife during your pregnancy. Your midwife will perform checks to make sure you and your baby are healthy and provide you with information corresponding to the stage of your pregnancy. These appointments each last around 20 minutes.

Pregnancy screening tests

Please read the booklet included with this leaflet that explains the blood tests, screening tests and diagnostic tests you can have in pregnancy. If you have questions, please note them, and your midwife can answer these at your first appointment.

Ultrasound scan appointments

Every woman is offered an early pregnancy scan (also called a dating or booking scan) between 11 and 14 weeks of their pregnancy, and a mid-pregnancy scan (also known as a fetal anomaly scan) between 18 and 21 weeks. You may be offered additional scans which your midwife will discuss with you.

Please bring your maternity notes with you to all scan appointments.

You are welcome to bring your partner or a friend with you for this examination – but only one person will be allowed in. The sonographer requires a high level of concentration to ensure the scan is performed correctly and your baby is examined effectively. Do not bring any children with you as they will not be allowed in the examination room or to remain in the waiting area unsupervised.

No videoing or photos are permitted during the examination.

We are happy to give you up to 3 pictures of your baby on request. Please be aware that it is not always possible to get a clear picture of your baby if they are lying in a certain position.

We can identify the sex of your baby from approximately 20 weeks' gestation at your fetal anomaly scan although we will not always be able to see the sex of the baby as this depends on their position. Please also understand we cannot be 100% certain of the sex of your baby. The sex of your baby will only be disclosed verbally to you or your partner. This information will not be written down.

Early Pregnancy Support

NHS Lothian Early Pregnancy Support teams are available to address any urgent concerns you may have about your pregnancy before your first midwife appointment.

- Pregnancy Support Centre (PSC) at the Royal Infirmary of Edinburgh 0131 242 2438
Monday to Friday, 8.30am - 5pm, Saturday and Sunday, 9am - 3.30pm
- Early Pregnancy Unit (EPU) at St. John's Hospital, Livingston 01506 524 112
Monday to Friday, 9am - 5pm

If phoning out of hours, contact NHS 24 by dialling 111.

Further information

NHS Lothian maternity services: up-to-date information on your local maternity services, looking after yourself and your baby in early pregnancy, where to have your baby in Lothian and a virtual tour of maternity services:

<https://services.nhslothian.scot/maternity/>



There is also the facility to translate the information on the pages into different languages.

Ready Steady Baby: your guide to pregnancy, labour and birth, and early parenthood up to 8 weeks.

This book will be given to you by your midwife at your first appointment or can be collected from your health care centre or GP practice.

It can be viewed online: www.nhsinform.scot/ready-steady-baby/



Other languages and formats can also be accessed online.

Research studies

NHS Lothian works closely in partnership with the University of Edinburgh to promote research within its maternity services. Information is provided in the enclosed leaflet. If you would like more details speak to your midwife or contact the Research Midwives on 0131 242 2480.

