

ENGLISH

Essential Information Translated For Non-English Speakers

1. What to do if you are pregnant

Make an appointment to see a midwife as soon as possible.

If someone who speaks English can help you, phone NHS Lothian Maternity Services

0131 536 2009 (Monday to Friday from 09:00 to 16:45).

Otherwise, see your GP who will make an appointment for you.

If you require an interpreter for the appointments, please let the health professional know and this will be arranged for you.

You will be given an appointment with a midwife at around 8-10 weeks of pregnancy & have a scan at 11-14 weeks

Your midwife will give you your blue maternity records.

Please, bring them to EVERY APPOINTMENT INCLUDING SCANS and WHEN YOU COME TO GIVE BIRTH TO YOUR BABY.

If this is your first baby, you will have at least 10 antenatal appointments with your midwife. If you have had a baby before, you will have at least 8 appointments.

2. Who will look after you?

Midwife -- an expert in low risk pregnancy and childbirth who provides care before, during and after your baby is born.

Obstetrician -- a doctor who is an expert in complicated pregnancies.

Health Visitor -- A qualified nurse who is a specialist in children and family health and gives support until your child goes to school.

Neonatologist -- A specialist doctor who provides specialist medical care for very small or sick babies in a neonatal unit.

3. Emergencies

If you have an emergency of a life threatening nature, call 999 for an ambulance.

If you think you are in labour or that your waters have broken, or if you are bleeding and/or in pain please call the hospital where you are booked to have your baby.

Royal Infirmary of Edinburgh (Simpson Centre for Reproductive Health and Lothian Birth Centre) 0131 242 2657

St John's Hospital 01506 524125

4. Information

Your midwife will give you a book about pregnancy, labour and birth.

Ready, Steady, Baby <http://www.healthscotland.com/documents/25847.aspx>

Your midwife will give you a book on breastfeeding.

Off to a Good Start <http://www.healthscotland.com/documents/120.aspx>

Your midwife will give you two booklets about tests and scans.

You're pregnant! Scans and Tests <http://www.healthscotland.com/documents/3985.aspx>

Your Baby! Tests Offered <http://www.healthscotland.com/documents/4258.aspx>

5. Parenthood Education.

Ask your midwife about classes or one-to-one support.

6. Where can I have my baby?

Virtual Tours of Units - Have a look around our units in Lothian on our virtual tour - <https://services.nhsllothian.scot/Maternity/AllAboutBirth/WhereCanIHaveMyBaby/Pages/VirtualTours.aspx>

In Lothian, you can choose to have your baby:

- At home, supported by midwives.

- At the Lothian Birth Centre (Royal Infirmary of Edinburgh)
Midwifery-led unit for healthy women who have had no problems during their pregnancy and expect a non medical birth.

- In one of the two hospitals

Simpson Centre for Reproductive Health (at Royal Infirmary of Edinburgh)
51 Little France Crescent
Edinburgh EH16 4SU. Tel: 0131 242 2657

St John's Hospital
Howden Road West
Livingston EH54 6PP. Tel: 01506 524125

7. Financial Support and Help – ask your midwife about these

Healthy Start

Some pregnant women can receive free vouchers for milk, fruit and vegetables and some types of formula milk as well as vitamins for pregnant women and children.

Ask your midwife if you are entitled to them.

<https://www.nhsllothian.scot.nhs.uk/Services/A-Z/feedingyourbaby/Pages/Healthy-Start-Food-and-Vitamins.aspx>

The **neonatal expenses fund** is a **Scottish government fund** to help families pay for the costs associated with travel to and from the hospital and other related expenses if your baby is receiving neonatal care in the hospital.

<http://www.gov.scot/Resource/0053/00534004.pdf>

The new Best Start Grant replaces the Sure Start Maternity Grant, providing financial assistance for low income families with maternity expenses and with costs as children reach nursery and school age. Ask your midwife for more information.

The [Citizen's Advice Bureau](https://www.citizensadvice.org.uk/scotland/debt-and-money) in Scotland is there to defend your rights and support you. They will tell you what help you are entitled to.

<https://www.citizensadvice.org.uk/scotland/debt-and-money>