



University Hospitals Birmingham  
NHS Foundation Trust

# Your pregnancy journey

Information for you



# Your appointments

| Date | Time | Where | Reason | With |
|------|------|-------|--------|------|
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**If you need to change an appointment, please telephone:**

Hospital appointment.....

Community appointment .....

**Your partner, relative, friend or support person is very welcome to attend these appointments with you.**

### Hospital sticker

### Communication needs

First language.....

Dialect.....

BSL.....

Interpreter needed: Yes ☐ No ☐

### Patient details

Preferred name.....

.....  
(she/her, he/him, they/them)

D.O.B.....

P.I.D.....

### Your care givers details

Hospital booked at

.....

Named midwife is

.....

Named consultant

.....

### Sticker for team names and numbers

Please note midwives working hours are 9am–5pm. Any calls and messages outside of these hours will be picked up the next working day. See numbers on **page 25** for urgent concerns.

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**This booklet gives you information about your antenatal appointments. Please keep it safe and bring it with you when you visit your midwife, doctor or any hospital appointments.**

- What matters to you?
- What do we need to know about you?
- What do you need from us to feel safe and confident?

## Pregnancy

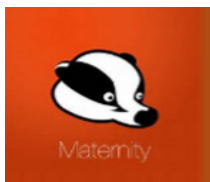


## Minimum number of appointments you can expect throughout your pregnancy

| Appointments        |                       |                                                  |
|---------------------|-----------------------|--------------------------------------------------|
| Booking appointment | midwife               | Blood tests and receive maternity exemption form |
| Dating scan         | sonographer           |                                                  |
| 16–18 weeks         | midwife or consultant |                                                  |
| Anomaly scan        | sonographer           |                                                  |
| 26 weeks            | midwife or consultant | Receive MAT B1 form                              |
| 28 weeks            | midwife or consultant | Repeat blood tests                               |
| 31 weeks            | midwife or consultant |                                                  |
| 34 weeks            | midwife or consultant | Birth preferences conversation                   |
| 36 weeks            | midwife or consultant |                                                  |
| 38 weeks            | midwife or consultant |                                                  |
| 40 weeks            | midwife or consultant | Offer sweep and discuss induction                |
| 41 weeks            | midwife or consultant |                                                  |

If you have medical conditions or concerns develop in your pregnancy you may have more visits than this. **Please note, planned caesarean births are only offered at Heartlands Hospital.**

## Badger notes app login details



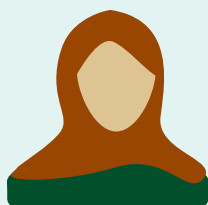
To access the app and instructions in different languages, please visit **[www.badgernotes.net/help](http://www.badgernotes.net/help)**, scan QR code or contact your midwife.



## What to bring to your appointments

- Please bring a urine sample with you to every appointment
- You can get a urine sample pot from the reception desk at the antenatal clinic or your GP surgery
- Please bring this booklet to all of your appointments
- If you have been given a CTG belt, please bring this to all of your appointments

If English is not your first language and you need help communicating with staff, please let a staff member know, and we will provide an interpreter to assist you during your appointments. More information is available at: [www.uhb.nhs.uk/services/interpreting](http://www.uhb.nhs.uk/services/interpreting)



**Marhaba**

**Buna ziua**



**Hello**



**Namaste**



## Your first scan

You will be sent a letter in the post offering you a scan for when you are around 12 weeks pregnant. This scan will confirm your pregnancy, the number of babies and when you are expected to give birth.

| Consented | Declined | Unsure |
|-----------|----------|--------|
|           |          |        |

Your scan is a medical procedure performed by a highly trained professional (sonographer). The sonographer may not be of your preferred gender, however we will try to accommodate this where we can. Prior to attending your first scan, please ensure you have discussed with your community midwife whether you would like screening for Down's, Edwards' and Patau's syndrome. Further information can be found on the below website:

[www.uhb.nhs.uk/services/maternity/your-antenatal-care/your-health-during-and-after-pregnancy/antenatal-screening-choices/](http://www.uhb.nhs.uk/services/maternity/your-antenatal-care/your-health-during-and-after-pregnancy/antenatal-screening-choices/)



**Please tick the below once you have discussed with your community midwife**

**Diet/foods to avoid** ☐

**Multi vitamins/supplements – including folic acid, vitamin D and aspirin (if you meet criteria)** ☐

**Booking bloods and screening tests** ☐

**20-week anomaly scan** ☐

**28-week blood tests (including diabetes screening if needed)** ☐

# Have you heard about **B.R.A.I.N.S?**

You may feel overwhelmed with the amount of information and choices available to you on topics such as screening tests for your baby, vaccinations, pain management, medication, procedures or any care recommendations.

**Think B.R.A.I.N.S!** This communication tool can empower you to ask questions, build trusting relationships with your team and make informed decisions.

**B**

## **B is for Benefits**

What is the benefit of having this procedure or intervention?

**R**

## **R is for Risks**

What are the risks of this process or intervention for me and my baby?

**A**

## **A is for Alternatives**

What are the other options available to you?

**I**

## **I is for Intuition**

What do you feel is right for you?  
Listen to your gut.

**N**

## **N is for Nothing**

What would happen if you did nothing? Even just for an hour.

**S**

## **S is for Second opinion**

It's okay to ask for a second opinion!

# Pregnancy concerns

## Under 16 weeks pregnant



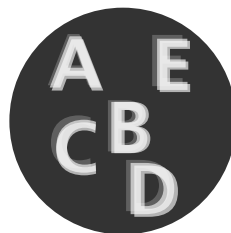
| Symptoms                                                                                                                                                                                                             | Who to contact                                                                                                                                                                                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bleeding from your vagina<br><br>Put on a sanitary pad on to monitor your loss                                                                                                                                       | If the blood loss is very heavy (pad needs changing every hour) please go straight to the nearest Emergency Department (A&E) <ul style="list-style-type: none"><li>• Light/moderate contact your GP or the nearest Early Pregnancy Unit (EPU)</li></ul>                                                                                                                                                             |
| Stomach pains or cramps                                                                                                                                                                                              | Contact your GP, community midwife, or nearest Early Pregnancy Unit (EPU).                                                                                                                                                                                                                                                                                                                                          |
| Abdominal pain including on one side and/or shoulder tip pain                                                                                                                                                        | The EPUs at Heartlands Hospital and Good Hope Hospital are open 24 hours a day, 7 days a week. They can be contacted on:<br><br><b>Heartlands Hospital:</b><br><b>0121 424 3506</b><br><br><b>Good Hope Hospital:</b><br><b>0121 424 7747</b><br><br>Or search for the Association of Early Pregnancy Units on the internet where you can find the nearest unit near you. Scan here or visit <b>www.aepu.org.uk</b> |
| Vaginal discharge that is unusual for you or fluid that is leaking from your vagina                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Suffering from severe vomiting (Hyperemesis Gravidarium) if you have been vomiting for more than 24 hours and cannot eat or drink,<br><br>or<br><br>have vomited 3 times in an hour and can't tolerate sips of water |                                                                                                                                                                                                                                                                                                                                                                                                                     |



## Pregnancy concerns

### Over 16 weeks pregnant

| Pregnancy symptoms                                                                               | Who to contact                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Any change in your baby's movements e.g. they are moving less, moving more than is usual for you | <b>Heartlands Maternity Urgent Assessment Unit (MUAU)</b><br>Heartlands Hospital<br>Ground floor, Princess of Wales Maternity Unit<br>Bordesley Green East,<br>Birmingham, B9 5SS<br>Tel: <b>0121 424 2729</b>                                                                 |
| Stomach pains or cramps                                                                          |                                                                                                                                                                                                                                                                                |
| Bleeding from your vagina                                                                        |                                                                                                                                                                                                                                                                                |
| Your waters break                                                                                | <b>Good Hope Maternity Assessment Centre (MAC)</b><br>(if you are less than 32 weeks pregnant you will need to be seen at Heartlands Hospital)<br>Good Hope Hospital<br>4th floor, Fothergill Building<br>Rectory Road, Sutton Coldfield, B75 7RR<br>Tel: <b>0121 424 2729</b> |
| You have a severe headache                                                                       |                                                                                                                                                                                                                                                                                |
| You have blurred vision                                                                          |                                                                                                                                                                                                                                                                                |
| Itching that isn't getting better, especially itching on your hands and feet                     |                                                                                                                                                                                                                                                                                |
| High temperature and feeling unwell                                                              |                                                                                                                                                                                                                                                                                |



## Pelvic health

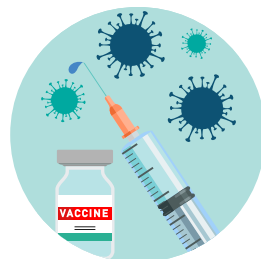
You will receive the MyPathway pelvic health questionnaire by email/text. This self assessment will identify any current symptoms and provide you with support and/or additional resources, where needed.

For more information, please visit,  
**[www.birminghamsolihullics.org.uk/our-initiatives/local-maternity-and-neonatal-system/pelvic-health-support](http://www.birminghamsolihullics.org.uk/our-initiatives/local-maternity-and-neonatal-system/pelvic-health-support)** or scan the QR code.



## Vaccinations

It is important to consider having vaccinations whilst you are pregnant, as these will help to protect both you and your baby. Please discuss with your midwife the benefits of having the below vaccinations:



| Vaccination                                                                                                                    | Date |
|--------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Whooping cough</b><br>(16–32 weeks of pregnancy)                                                                            |      |
| <b>Flu</b><br>(any stage of pregnancy)                                                                                         |      |
| <b>Respiratory Syncytial Virus (RSV)</b><br>(as soon as possible from 28 weeks will provide the best protection for your baby) |      |

For more information on these vaccinations please go to  
**[www.nhs.uk/pregnancy/keeping-well/vaccinations/](http://www.nhs.uk/pregnancy/keeping-well/vaccinations/)**





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# Thinking about the birth of your baby



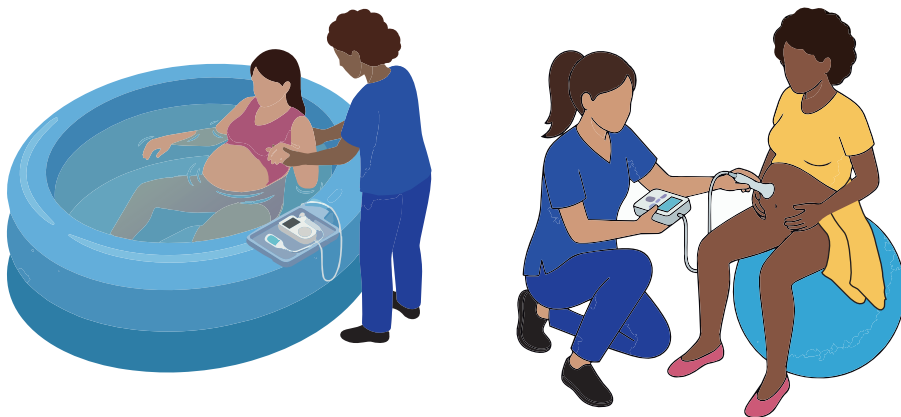
- What matters to you?
- What do we need to know about you?
- What do you need from us to feel safe and confident?

## Birth



## Midwife-Led Units (MLUs) – OPT OUT Pathway:

The recommended place of birth for all healthy women with uncomplicated pregnancies.



Our MLUs are suitable for you if:

- You are between 37-42 weeks pregnant when labour starts
- You are having a single baby (NOT twins)
- This is your first baby, or your previous babies have been born vaginally
- You or your baby has no medical conditions that may affect the birth

For women who do not meet the criteria, but who want to labour and birth in the midwife-led unit individualised plans can be made with a consultant obstetrician and/or consultant midwife.

Please discuss your preferred place of birth with your midwife or doctor.

### Further information on midwifery-led units



**YOUR BIRTH PREFERENCES**

CIRCLE COLOUR TO INDICATE WHAT IS IMPORTANT TO YOU

Additional icons useful for energy

Icons include: Solar, Wind, Biomass, Geothermal, Hydro, Nuclear, Fossil Fuels, etc.

## YOUR BIRTH PREFERENCES

A PLACE TO HIGHLIGHT WHAT  
IS IMPORTANT TO YOU

# Definitions

**Cannula:** A small plastic tube inserted in a vein (usually in the hand) that can be used to administer drugs to speed up labour, intravenous fluids or anti-sickness medication.

**Electrocardiogram (ECG) dots:** ECG dots are attached to the skin, which are connected to an ECG machine via leads to record the heart electrical activity. This helps the anaesthetist monitor your heart rate in theatre. If these are placed on your back, better skin-to-skin contact with the baby after birth is achieved.

**Golden hour:** The first hour after birth with uninterrupted skin-to-skin contact with the baby. During the golden hour, weighing is delayed, and newborn checks are either delayed or carried out quietly whilst the baby remains on the mum (or partner).

**Monitoring:** Continuous monitoring uses ultrasound waves to monitor the baby's heart rate throughout labour. This may be recommended for women with more complex pregnancies. Your midwife can also check the baby's heart rate intermittently using a Pinard stethoscope or Doppler.

**Pain relief:** Good support and a birth environment including using water and adopting different positions can help you cope with the pain of labour. Further pain relief options are available when you are in labour. A TENS machine uses an electrical current to stimulate your body to produce endorphins. Gas and air (Entonox) is a mixture of nitrous oxide and oxygen you breathe in through a mask or mouthpiece to provide short-term relief.

Pethidine is an injection into your thigh or buttock, which takes around 20 minutes to work but can last 2–4 hours. An epidural (only available on the delivery suite) is a local anaesthetic administered into your back by an anaesthetist. It takes approximately 10 minutes to set up and a further 10–15 minutes to be effective pain relief.

**Third stage:** This is when the placenta is birthed, either naturally (physiological third stage) when the cord has stopped beating or, depending on your birth preferences, you can have a hormone injection. This will make your womb contract and then the midwife will cut the cord after 1–5 minutes and deliver the placenta for you (active third stage).

**Vitamin K:** A vitamin that the body needs to help with normal blood clotting. This is offered for the baby as a single dose via injection or oral drops given twice in the first week and then again at one month.

☐ Home birth

☐ Midwife led unit

☐ Delivery suite

☐ Water birth

☐ Induction

☐ Planned caesarean birth

# YOUR BIRTH PREFERENCES



*Who will be with me when I give birth and their role: *



Low light



Own music



Minimal talking



Hands off



Remain mobile



Suggest positions



Use water



TENS machine



Continuous monitoring



Intermittent monitoring



Cannula in left hand



Cannula in right hand



to tell me the sex



Golden hour



Skin-to-skin



Breastfeed

## *Additional Considerations for Theatre*



ECG dots on my back



Skin-to-skin



With me in theatre



Religious/  
Cultural needs

Your preferences are important to us. Depending on the clinical situation on the day, we may recommend alternatives to your indicated preferences



Use touch/  
massage



Suggest  
pain relief



Don't offer,  
I will ask



Happy with a  
student



Gas and  
air



Suggest  
equipment



Pethidine



Epidural



Delay cord  
clamping



cuts the  
cord



Physiological  
third stage



Active third  
stage



Expressed  
milk



Infant  
feeding



Vitamin K  
drops by  
mouth



Vitamin K  
injection



Communication  
needs



Add anything else that is important to you/Which language do you want people to talk to you in?

# Antenatal education

After 25 weeks of your pregnancy book onto our free and friendly, antenatal education/birth and parenthood preparation sessions.

|                     |  |
|---------------------|--|
| Heartlands Hospital |  |
| Good Hope Hospital  |  |
| Solihull Hospital   |  |

## Virtual/online

At Togetherness.co.uk you will find high-quality, evidence-based online antenatal courses available to everyone in the UK, entirely free of charge. Learning with us will help you feel confident and prepared at the start of your parenting journey:



### Antenatal courses

Course with multiple language options:

- Understanding your pregnancy, labour, birth and your baby

Follow in your own time, anywhere online.



### Neonatal support

Online learning to support families of preterm and sick babies in NICUs.

Specialist information to help support closer relationships for baby and family emotional resilience. Co-designed with neonatal consultant and clinical psychologist, Dr Davy Evans.



**Community languages** – ‘Understanding pregnancy, labour, birth and your baby’ is available in Modern Standard Arabic, Polish, Urdu, and Welsh. Additional translations are accessible using the embedded translation tool.

### **Looking after emotional health**

Togetherness is here for you throughout your parenting journey. Tailored online learning pathways and resources will help you when your baby is here and as they grow up. You can learn about childhood development, behaviour, communication and lots more, to nurture your relationship with your child.

**Use the free access checker to find out if you are eligible for free access for the full range of courses or check below for your area’s Access Code. Access codes in the West Midlands:**



- Solihull – APPLEJACKS
- Birmingham – COMMUNITY
- Coventry – SPIRES3
- Worcestershire – PARENTSROCK
- Sandwell – SIX\_TOWNS
- Dudley – CASTLE
- Walsall – HIPPO
- Wolverhampton – WOLVES1
- Shropshire – DARWIN18

# Postnatal

Information and advice after the birth of your baby



- What matters to you?
- What do we need to know about you?
- What do you need from us to feel safe and confident?

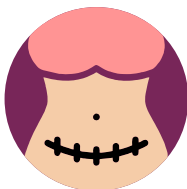
## Early days with your baby



**Postnatal care starts immediately after the birth of your baby. This includes care provided by a midwife or maternity assistant either at home or in a postnatal clinic once you are discharged from hospital.**

### **Symptoms to report**

- Significant increase in your blood loss and/or passing large clots
- Concerns with your caesarean wound or your stitches
- Raised temperature



If you have any of these concerns please contact your community midwife or the triage department / hospital you delivered at.

If you think your baby is very ill, please take them to your nearest A&E, dial **111** or use the NHS **111** online service.

**If you think your baby is seriously ill or in danger, please dial 999.**



Your initial appointment after you have had your baby will be at home by a community midwife. Further appointments will be held at our postnatal clinic. Please ensure you bring your red book with you.

### **Sticker for local postnatal clinics**

## Contact numbers

If you have any concerns and need to speak to a midwife or need to change an appointment please call:

**0121 424 2729**

### Useful contact numbers for Heartlands Hospital:

**Aspen Antenatal Ward**

0121 424 3500

**Eden Suite and Rainbow Clinic**

0121 424 2088

**Neonatal Unit**

0121 424 3508

**Cedar Postnatal Ward**

0121 424 1883

**Fetal Medicine**

0121 424 0726

**Willow Midwife-led Unit**

0121 424 0773

**Delivery Suite**

0121 424 3514

**Maple Postnatal Ward**

0121 424 3517

### Useful contact numbers for Good Hope Hospital:

**Delivery Suite**

0121 424 7201

**Special Care Baby Unit**

0121 424 7677

**Ward 5 Postnatal and Antenatal Ward**

0121 424 9505

**Midwife-led Unit**

0121 424 7204

### Heartlands and Good Hope Hospital's Switchboard:

0121 424 2000

**NHS Smoking helpline**

0300 123 1044

**Drinkline**

0300 123 1110

**FRANK drugs helpline**

0300 123 6600

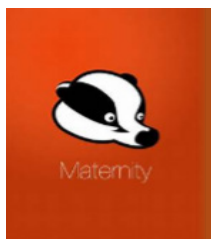
## Additional resources

### Pregnancy and childbirth



**Approachable parenting – Empower families with parenting programmes and services**

[www.approachableparenting.org](http://www.approachableparenting.org)



**Badger Notes**

To access the app and instructions in different languages, please visit [www.badgernotes.net/help](http://www.badgernotes.net/help), scan QR code or contact your midwife.



**Birthrights – Protecting human rights in childbirth**

[www.birthrights.org.uk](http://www.birthrights.org.uk)



**Bethel Health and Healing Network – Support for vulnerable pregnant women and new mums**

[www.bethelnetwork.org.uk](http://www.bethelnetwork.org.uk)



**Black Mamas Birth Village**

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



**Elayos – Support and advocacy to vulnerable and isolated birthing people**

[www.elayos.co.uk/the-team](http://www.elayos.co.uk/the-team)



**LabourPains**

**Information on pain relief choices**  
[www.labourpains.org](http://www.labourpains.org)



**MAMA Academy – The UK’s safer pregnancy charity**  
[www.mamaacademy.org.uk](http://www.mamaacademy.org.uk)



**Maternity Action – UK’s maternity rights charity – employment, social security and health care**  
[www.maternityaction.org.uk](http://www.maternityaction.org.uk)



**Maternity Engagement Action – Supporting black women through pregnancy, birth and the postnatal period**  
[www.maternityengagement.uk](http://www.maternityengagement.uk)



**National Childbirth Trust – The charity that supports people as they become parents**  
[www.nct.org.uk](http://www.nct.org.uk)



**NHS Choices – A guide to all you need to know about pregnancy, labour and birth**  
[www.nhs.uk/pregnancy](http://www.nhs.uk/pregnancy)



**Royal college of Obstetricians and Gynaecologists**  
[www.rcog.org.uk/for-the-public/browse-our-patient-information](http://www.rcog.org.uk/for-the-public/browse-our-patient-information)



|                                                                                                                                            |                                                                                                                                                   |                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <br>The pregnancy and baby charity                        | <b>Tommy's – The pregnancy and baby charity</b><br><a href="http://www.tommys.org/pregnancy-information">www.tommys.org/pregnancy-information</a> |  |
| <b>Antenatal Results &amp; Choices</b>                                                                                                     | <b>Antenatal Results &amp; Choices</b><br><a href="http://www.arc-uk.org">www.arc-uk.org</a>                                                      |  |
| <br>For women and children.<br>Against domestic violence. | <b>Refuge National domestic abuse helpline</b><br><a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a>                |  |

## Parenting

|                                                                                                                      |                                                                                                                                                                                    |                                                                                      |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <br>The best start for our children | <b>Birmingham Forward Steps</b><br>– Provide health visiting and children's centre services<br><a href="http://www.bhamforwardsteps.co.uk">www.bhamforwardsteps.co.uk</a>          |    |
|                                     | <b>Baby Buddy – Nurturing a bond where parent and child grow together</b><br><a href="https://babyzone.org.uk/baby-buddy">https://babyzone.org.uk/baby-buddy</a>                   |   |
|                                    | <b>Home Start Birmingham</b> – Targeted support for families<br><a href="http://www.homestartbirmingham.co.uk">www.homestartbirmingham.co.uk</a>                                   |  |
|                                   | <b>Positive Birthing and Beyond – Offering support, information and guidance</b><br><a href="http://www.positivebirthingandbeyond.org.uk">www.positivebirthingandbeyond.org.uk</a> |  |



## **TWR – Health and wellbeing services**

[www.the-waitingroom.org](http://www.the-waitingroom.org)



## **Contraception**



### **Contraception choices**

[www.contraceptionchoices.org/](http://www.contraceptionchoices.org/)



### **Umbrella**

[www.umbrellahealth.co.uk/service-locator/](http://www.umbrellahealth.co.uk/service-locator/)



## **Infant feeding**

### **Birmingham City Council – Infant feeding and breastfeeding support**

[www.birmingham.gov.uk/info/50298/babys\\_first\\_year](http://www.birmingham.gov.uk/info/50298/babys_first_year)



### **The Breastfeeding Network**

[www.breastfeedingnetwork.org.uk/project/birmingham/](http://www.breastfeedingnetwork.org.uk/project/birmingham/)



### **La Leche League Breastfeeding**

0845 120 2918

### **National breastfeeding helpline**

0300 100 0212

## If you baby has been in the Neonatal Unit



**Noah's Star – Support for you and your family if your baby is born premature**

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



## If you have experienced baby loss



**Sands –  
Saving babies' lives. Supporting  
bereaved families**

[www.sands.org.uk](http://www.sands.org.uk)



**The Lily Mae Foundation –  
Baby loss support charity**

[www.lilymaefoundation.org](http://www.lilymaefoundation.org)



**The TeddyRose Foundation**

[www.theteddyrosefoundation.org](http://www.theteddyrosefoundation.org)



**Tommy's**

[www.tommys.org](http://www.tommys.org)



**Vilomah – The baby loss  
charity for Caithness and North  
Sutherland**

[www.vilomah.org.uk](http://www.vilomah.org.uk)



## Emotional wellbeing

**Looking after your emotional wellbeing:** It is normal for it to be challenging having a baby and some birthing parents need support with their emotional wellbeing. It is OK not to be OK and there are services ready to support you. Please contact these organisations below directly for support. If you feel you need some more specialist support for your mental health, please speak with your midwife or Health Visitor who can refer you to the Perinatal Mental Health Team.

|                                                                                     |                                                                                                                                                                                                     |                                                                                      |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|    | <b>ACACIA</b><br><b>Postnatal Depression and Anxiety Support</b><br><a href="http://www.acacia.org.uk">www.acacia.org.uk</a>                                                                        |    |
|    | <b>Birmingham Healthy Minds</b><br><a href="http://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/self-referral">www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/self-referral</a> |    |
|    | <b>Coventry, Warwickshire and Solihull Talking Therapies</b><br><a href="http://www.talkingtherapies.covwarkpt.nhs.uk/self-referral">www.talkingtherapies.covwarkpt.nhs.uk/self-referral</a>        |    |
|  | <b>PANDAS</b><br><b>Postnatal depression support</b><br><a href="http://www.pandasfoundation.org.uk">www.pandasfoundation.org.uk</a>                                                                |  |
|  | <b>Staffordshire and Stoke-on-Trent Talking Therapies</b><br><a href="http://www.staffsandstoketalkingtherapies.nhs.uk">www.staffsandstoketalkingtherapies.nhs.uk</a>                               |  |
|  | <b>The Birth Trauma Association</b><br><a href="http://www.birthtraumaassociation.org">www.birthtraumaassociation.org</a>                                                                           |  |

## Concerns regarding your care

If you have concerns regarding your care, **please discuss these with your midwife or the staff on the wards in the first instance.** If they are unable to resolve your concerns with you, please visit: **[www.uhb.nhs.uk/get-in-touch/give-feedback/report-a-problem/](http://www.uhb.nhs.uk/get-in-touch/give-feedback/report-a-problem/)**



## Birth reflections service

If you feel you would benefit from an opportunity to have an in-depth discussion about your birth experience, please speak with your midwife. If you have been discharged from midwifery care, you can contact your local hospital directly where you birthed your baby.

For women who gave birth at UHB (Heartlands and Good Hope hospitals), please email **[birthreflections@uhb.nhs.uk](mailto:birthreflections@uhb.nhs.uk)**. We take referrals from women when they are six weeks post birth or more.

## Birmingham and Solihull Maternity and Neonatal Voices (MNVP)

Birmingham and Solihull Maternity and Neonatal Voices Partnership is an NHS working group made up of a team of women, birthing people and their families working together with clinicians (like midwives and obstetricians). We meet regularly online and in-person, and attend antenatal clinics, community groups and other events.



MNVP are keen to hear about your experiences with local maternity and/or neonatal services and would love for you to share your story with them, including what went well, what was memorable and even what you feel didn't go so well or could have been improved throughout your journey. For more information, please visit **[www.gatewayfs.org/what-we-do/maternity-neonatal-voices-partnerships/bsol-mnvp/](http://www.gatewayfs.org/what-we-do/maternity-neonatal-voices-partnerships/bsol-mnvp/)**



# Information for visitors

## Delivery suite

One support partner is welcome 24 hours a day. This support partner can be swapped once a day, however we ask that you do not swap between 10pm and 6am. A second support partner can be with you when you are in established labour. Due to safety, no children will be able to visit on our main delivery suite.



## Wards

One support partner is welcome 24 hours a day. This support partner can be swapped once a day, however we ask that you do not swap between 10pm and 6am.

### **When visiting on the ward overnight, we respectfully ask you to:**

- Remain suitably dressed at all times
- Please do not sleep or lie on the patient beds or on the floor
- Please provide your own food and drink
- Please use the visitors' toilet facilities that are available on the ward and on the ground floor
- Please do not use the patient bathroom facilities for showers/baths

Two additional named adult visitors (at any one time) will be welcome to visit between the following times:

**Afternoon:** 2pm–4pm

**Evening:** 6pm–8pm

## Children

Brothers and sisters of the baby can visit between 2pm–4pm, and 6pm–8pm on wards. Please note that children **must** be accompanied by an adult at all times whilst on the ward and not left in the care of the patient themselves.

 **This is a 24 hour service**

**NHS**  
**Good Hope Hospital**  
Part of University Hospitals Birmingham  
NHS Foundation Trust

# Call For Concern Service

(you may also know this as Martha's Rule)



**Are you concerned that you, or  
the person that you are visiting,  
is becoming more unwell?**

**1**

## Talk to your midwife

They will complete an assessment  
and respond to your concern.

**If you are still concerned...**

**2**

## Ask to speak to the midwife in charge of the ward

They will complete a follow up assessment  
and respond to your concern.

**If you are still concerned...**

**3**

## Contact the Call For Concern Service on 0788 0091 262

A nurse from the Critical Care Outreach Team  
will complete an assessment and take action.

**If you are unable to phone this number, please speak to the  
midwife in charge of the ward who will make the call for you.**



Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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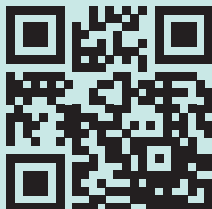
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## UHB feedback



To help us improve, we would love to hear about your recent experience of our service. Please scan the QR code or follow the link to share your feedback with us. Thank you!



[www.uhb.nhs.uk/fft](http://www.uhb.nhs.uk/fft)

## Further information

Please visit this website below or scan the QR code  
[www.uhb.nhs.uk/services/maternity/](http://www.uhb.nhs.uk/services/maternity/)

