

# Are you planning on getting pregnant, already pregnant or recently had a baby?

**Obstetrics & Gynaecology  
Women & Children's Group**



**This leaflet has been designed to  
give you important information  
about your condition/procedure, and  
to answer some common queries  
that you may have.**

### Introduction

If you are pregnant and using drugs you may be worried that the drugs may be harming your baby. Using alcohol, tobacco or drugs during pregnancy can increase the chance of problems arising so it is very important that you get specialist drug treatment and attend antenatal care as soon as possible.

Most women who use drugs but are well looked after do have a normal pregnancy and a healthy baby. Please contact the Specialist Midwife on 07850299427 or ask at your local addiction centre or GP practice for more information.

### Preconceptual Care

Fertility may increase around the time when a woman reduces or withdraws from drugs completely or indeed when treatment with a replacement drug such as methadone is commenced. Therefore offering either contraceptive advice and/or pre-conceptive information is important and women should be encouraged to seek out the Family Planning and Sexual Health Services. Helping a woman to prepare and plan for pregnancy and motherhood provides an excellent opportunity to highlight healthier lifestyles and provide harm reduction education and support.

### If pregnancy is planned then pre-conception care should be offered

This may include:

- The importance of good nutrition and a healthy balanced diet
- Taking folic acid to help prevent neural tube defects

- Investigating rubella immunity and vaccination if indicated
- Advice on STDs such as Chlamydia
- The importance of regular dental care and oral hygiene
- Information regarding free prescriptions, dental care and Healthy Start Vouchers
- Discussions around social circumstances including welfare benefits, housing, training and employment
- Discussions around support networks including partners and family members
- Advice on relationships and the transition to parenthood
- Advice on child development, parenting skills and information on child care services
- Information on smoking cessation
- Discussions around options for drug and alcohol management in pregnancy and the importance of substitute prescribing and stability for opiate dependent women
- Information on local drug services and how to access them
- Information on the Specialist Midwifery Service for substance misuse

### Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

### **For Diana, Princess of Wales Hospital**

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

### **For Scunthorpe General Hospital**

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:  
[nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

### **Confidentiality**

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

### **Moving & Handling**

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when

mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, you may speak to any member of the nursing staff, the designated keyworker within the department or the Trust Moving & Handling Coordinator.

### **Zero Tolerance - Violent, Threatening and Abusive Behaviour**

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behavior will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

### **Risk Management Strategy**

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

**Northern Lincolnshire and Goole  
Hospitals NHS Foundation Trust**

**Diana Princess of Wales Hospital  
Scartho Road  
Grimsby  
01472 874111**

**Scunthorpe General Hospital  
Cliff Gardens  
Scunthorpe  
01724 282282**

**Goole & District Hospital  
Woodland Avenue  
Goole  
01405 720720**

[www.nlg.nhs.uk](http://www.nlg.nhs.uk)

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