

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

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

This leaflet has been designed to give you important information in relation to planning to become pregnant or if you are pregnant or have just had baby.



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# Information for patients and visitors

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## Introduction

Any women considering becoming pregnant should ideally seek pre- conception advice and information this can be obtained from Family Planning and Sexual Health Services or your GP. Helping you to prepare and plan for your pregnancy and becoming a mother is an ideal time to consider healthier lifestyles and to gain information to reduce any risks to the pregnancy.

If you are planning a pregnancy or have just found out you are pregnant and are using drugs including legal highs or taking other medications, you may be worried that the drugs could be harmful to your pregnancy. Also using alcohol and smoking tobacco during pregnancy can also increase the chance of problems arising so it is very important that you get specialist help advice and treatment and make contact with midwifery services as soon as possible so antenatal care can be commenced.

Most women who use drugs or do take medications for various reasons are well looked after and do have a normal pregnancy and a healthy baby. Please contact the Antenatal Clinic: Grimsby 01472 875248 Scunthorpe 01724 290168 or ask your GP practice or Midwifery Service for more information.

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

This may include:

- The importance of losing weight if your Body Mass Index (BMI) is over 30 as women with a raised BMI are much more at risk of:
- Increased risk of miscarriage
- High blood pressure

- Diabetes in pregnancy
- Shoulder dystocia (baby's shoulder becoming stuck at delivery)
- Failed epidural or spinal anaesthesia
- Thrombosis (blood clot)
- Inefficient labour which could lead to an increased risk of having caesarean section and excessive bleeding after baby is born
- Wound infection

For baby the risk factors include:

- High birth weight
- Poor health at birth, due to difficulties during pregnancy, labour or the birth.
- Long-term weight problems for the child

Whilst it is important that you do not try to diet and set out to lose weight during your pregnancy there are some very useful changes to your everyday routine and what you eat before you become pregnant, which can mean that your baby's growth follows a healthy pattern when you do conceive. This also means that you do not gain excessive weight, which can be very difficult to lose once your baby is born.

A healthy diet is an important part of a healthy lifestyle at any time but is especially vital if you are pregnant or planning a pregnancy. Eating healthily during pregnancy will help your baby to develop and grow.

You don't need to go on a special diet but it's important to eat a variety of different foods every day to get the right balance of nutrients that you and your baby need. Have a healthy breakfast every day because this can help you to avoid snacking on foods that are high in fat and sugar.



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Eating healthily often means just changing the amounts of different foods you eat so that your diet is varied rather than cutting out all your favourites. You can use the eat well plate

[www.nhs.uk/Livewell/Goodfood/Pages/eatwellplate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwellplate.aspx) to get the balance of your diet right. The eat well plate shows you how much to eat from each food group.

You may however decide to access additional support from a Weight Management programme and you can discuss this with your GP who will offer advice about this before you conceive or during your pregnancy and after the birth of your baby:

- It is important to have a good nutritious and healthy balanced diet and also to keep a check of your weight and waist periodically or check the fit of your clothes this will indicate if you are gaining too much weight before you conceive. Measuring your waist is also another indication of whether you are gaining too much weight too
- Regular physical exercise is also very important and can continue while you are pregnant unless there is a medical reason not to continue to do this.
- You will be advised to take Folic acid which helps to prevent neural tube defects like Spina Bifida. You should take this for a minimum of 12 weeks before conception and continue to take this for the first 12 weeks of your pregnancy.
- It is advisable to investigate your Rubella (or German Measles) immunity and if you are not immune have the vaccination before you become pregnant so you are

not at risk if you come into contact with it during the first 12 weeks of pregnancy

- If you think you may have been at risk of a Sexually Transmitted Infection (STI) such as Chlamydia then it is advisable to have a sexual health screen and treatment before you become pregnant
- It is important to have regular dental care and oral hygiene this is free once you are pregnant and for the first year after you have had your baby
- Your prescriptions will also be free once you are pregnant and for the first year following the birth and Healthy Start Vouchers can also be claimed if you are in receipt of benefits which also include Healthy Start vitamins which can be accessed from the Children's Centre's and this has your daily intake of Vitamin D which is encouraged during pregnancy
- Information on the importance of stopping smoking before you become pregnant and access to Smoking Cessation Services is also important. This may then reduce your morning sickness experience, the risk of miscarriage, of a premature baby, stillbirth and sudden infant death and ensure you have a healthier pregnancy, and a healthy baby.



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## 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.

## 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 behaviour 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.

## 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,



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please speak to a member of staff in the ward or department you are visiting.

**Northern Lincolnshire and Goole 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)

**Date of issue: August, 2015**

**Review Period: August, 2018**

**Author: Obstetrics and Gynaecology**

**IFP-674 v1.1**

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