

My Pregnancy and Birth Booklet



Bradford Maternity Services
helping you make the right choice for you and your baby

The philosophy of the Bradford Teaching Hospitals NHS Foundation Trust (BTHFT) maternity services is to help you make the right choices in order to have the best possible birth experience.

Name:		Address:	
Hospital No.:		Phone No.:	
DOB:	GP / Midwifery Team:		
GP:		MW Led / Consultant:	
Past Obstetric History:		BBC / LW:	
Medical History:		Neonatal Alerts:	
BMI:		Placental Site:	
Blood Group:			
Risk factors:			

Useful telephone numbers

Labour Ward	01274 364515 / 364514 (24hrs)
Maternity Assessment Centre	01274 364532 / 364531 (24hrs)
Bradford Birth Centre	01274 364929 (24hrs)
Antenatal Clinic	01274 364509 (8.30am to 4.30pm)
Antenatal Day Unit	01274 364856 (8.30am to 4.30pm)
Ward M3	01274 364536 / 364537 (24 hrs)
Ward M4	01274 364539 / 364540 (24 hrs)
Antenatal Screening Midwife	01274 364295 (9.00am to 5.00pm Monday to Friday, answer machine available outside of these hours)
Infant feeding specialist	01274 364583 (9.00am to 5.00pm Monday to Friday, answer machine available for non-urgent enquiries) or email infant.feeding@nhs.net
Scan Department	01274 364501 (8.00am to 5.00pm)

You can contact us using the Relay UK app. Textphone users will need to dial 18001 ahead of the number to be contacted.

Bradford maternity services information



During your pregnancy there will be many choices and decisions to make. The above QR code will take you to our website which will provide a wealth of information on the services you may access during your pregnancy. It can also be viewed in various different languages.

BTHFT is a regional specialist Intensive Care Unit for those babies who require extra support. We also have a Transitional Care facility which helps to keep some of the babies needing extra care with their mothers. Both these facilities are located in the Women and Newborn unit at the Bradford Royal Infirmary.

At BTHFT we work in line with the UNICEF Baby Friendly Initiative to support women to breastfeed their babies.

We recognise that bonding and caring for your baby is so much more than feeding alone. No matter how you choose to feed your baby we will support you to develop the relationship with your baby. This extends beyond feeding, to supporting brain development and bonding from the beginning of your journey.

We work within both local and national guidelines for maternity care and all decisions regarding your care will be made in consultation with you. Throughout your care you may see various professionals.

This may include:

- midwives
- doctors



- other pregnancy specialists if you have complications in your pregnancy
- students who are training to be midwives or doctors (medical students)
- maternity support workers

Care may be in the community and hospital setting.

It is important to us that you can discuss any concerns regarding your care with any member of staff.

Electronic Maternity Records

BTHFT use electronic patient records (EPR). Our electronic systems are used to create appointments, record your maternity care and any hospital admissions.

We recommend that if you are travelling outside of the Bradford area, you obtain paper copies of your maternity records in case you require care in another hospital. You can obtain these, in advance of travel, from our access to health records team by emailing ATHR.office@bthft.nhs.uk.

If you are collecting paper copies of your maternity records you will need to bring photographic identification with you.

This is required to confirm that you are the person who the records belong to.

UK IDENTIFICATION



1. SURNAME
2. FORENAME
3. ANYWHERE UK
4. SURN48573948
5. SIGNATURE

Maternity and Child Health Research Team

Research is part of everyday clinical care in the NHS. BTHFT has a research programme which enables us to improve care, offer the best treatments and improve outcomes for our families.

Our dedicated Maternal and Child Health Research Team is proud to be able to give women the opportunity to be involved in clinical research and help shape the maternity care of the future. We have been involved for many years in running a wide range of studies investigating the best way to care for pregnant women and their babies throughout pregnancy, birth and beyond.

We are committed to being able to contribute to the development of care based on clinical research. If you are interested in finding out more about the studies that are currently running within the unit you can contact us by:

<https://www.bradfordresearch.nhs.uk/our-research-teams/maternal-and-child-health-research-team/>

Email: Research.Midwives@bthft.nhs.uk

01274 364506 / 07508 050297



 @BTHFT_Mar_Res

A study every pregnant woman can join is Born In Bradford 4 All (BiB4All)

The ground breaking Born in Bradford (BiB) research programme is based at the Bradford Royal Infirmary and started in 2006 following the lives of more than 50,000 Bradfordians. We would like to welcome even more people into the BiB family.

BiB4All is part of Born in Bradford and all pregnant women are invited to join the study during routine maternity appointments. The study aims to join together routine data so that we can look at ways to improve health, care and services through research and planning in Bradford and beyond.

Lots of organisations regularly collect data about the services they provide, this is known as routine data. By linking data from mother's and child's records researchers can get a better understanding of what keeps us healthy and what needs to be done to improve care and services.

To find out more about BiB4All scan the QR code below or visit our website on the link provided where you will find more information about BiB and its other studies.

<https://borninbradford.nhs.uk/what-we-do/pregnancy-early-years/>

You can also ask your midwife about joining BiB4All or talk to a member of the BiB Research Team on 01274 364474.



Choices and options

Home birth

We have a designated home birth team which you may have seen televised on the 'Yorkshire Midwives on call' series. The home birth team are able to support you with your choice and will answer any questions you may have. Please ask your community midwife for details or contact: home.birth@nhs.net this is accessed daily by our home birth team. You could also pay for a self-employed midwife (independent midwife) to support you.

Water birth

You can use water for pain relief and give birth in a birthing pool if you choose. Labour and birth in water is supported by Bradford midwives.

Hypnobirthing

BTHFT offers a free virtual parent education class focusing on hypnobirthing techniques and ways to stay calm, relaxed and positive during labour and birth. This is a technique used to focus your mind and empower you to birth your baby with minimal intervention. Other local practitioners advertise services. For more information see: www.which.co.uk/birth-choice/coping-with-pain-in-labour/what-is-hypnobirthing



Birth centre

Birth centres provide a calm, “home from home” environment that can help labour to progress better. Our midwifery team would support you during your birth in the Birth Centre.

Labour ward

If you or your baby have any health complications which might require medical care during labour and birth, your maternity team may recommend that you birth your baby on our labour ward.

You will be looked after by a midwife but have doctors available to provide care and help if needed. If you need to have a caesarean section, your care and operation will take place in the theatre suite on the labour ward.

Labour Ward has cover from the Anaesthetic Team 24 hours a day and 7 days a week.

The Anaesthetic team are present on our labour ward to:

- Assist if there is an emergency
- Provide anaesthetic for surgical deliveries
- Provide epidural pain relief in labour if requested
- Review women in clinic who may be high risk for labour
- Discuss any future plans for an anaesthetic or pain relief

Please understand that the labour ward can be very busy, and although every effort is made to provide an epidural quickly if requested, this may not always be possible.

If you wish to discuss any of the options at any point in your pregnancy please talk to your midwife.

Antenatal appointments: what to expect and when

All women have the right to see a midwife and have antenatal care. The number of appointments, you have, will vary depending on whether it is your first pregnancy, a subsequent pregnancy and if you have any complications in your pregnancy. If your pregnancy has no problems, you will probably see midwives for most of your care. If you have any problems in your pregnancy, you may need to see other health professionals such as an obstetrician (pregnancy doctor) and/or a specialist alongside a midwife. Your midwife will discuss this with you at your first appointment.

The following schedule is taken from the National Institute for Health and Care Excellence (NICE) guidance Antenatal care (2021) this guidance recommends the following appointments:



8 to 10 weeks

You will meet a midwife at what is called a “booking appointment”. At this appointment you will be asked information about your health, given information about staying healthy in pregnancy, given free vitamins and offered information about support to stop smoking if you or anyone in your household smokes. We have a dedicated ‘in house’ Smoking Cessation team to support your journey to becoming smoke free.

The midwife will explain to you about routine blood tests and screening choices (including a scan) which are offered in pregnancy. For further information about screening see the link below:

<https://www.nhs.uk/pregnancy/your-pregnancy-care/screening-tests/>

Your Personalised Care Plan (PCP) for your pregnancy will be discussed at this appointment, which may be at a hospital or community setting dependant on your health and wellbeing. This is an important conversation to identify what matters to you when accessing maternity services to reflect your care and wishes.

Your midwife will explain your choices and options, whether you birth at home or in hospital, to help you decide the right place for you considering both preferences and safety. You can choose to have your baby at home, in our alongside birth centre or labour ward.

It is very important to attend for your booking appointment to make sure you have all the information required to make informed choices and know what to expect. It is also very important for your midwife to assess your health needs in pregnancy to make sure you get the right plan of care.

13 - 28 weeks

You will be offered a scan to confirm how many weeks pregnant you are and provide an estimated due date (EDD). This is usually before you are 14 weeks pregnant. If you have chosen to have screening for Down's, Edwards' and Patau's syndromes, this will be done at the same time as your dating scan.

Women who have a healthy low risk pregnancy will see a midwife around 16 weeks to review their dating scan and any blood results or screening tests they have had.

If you have a medical problem or have had a previous pregnancy with complications, you will be offered an appointment to see an obstetrician (pregnancy doctor) at the hospital to discuss your plan of care. You will be advised to book your whooping cough, COVID and seasonal flu vaccination via your GP

At around 20 weeks

A scan will check your baby's development. This is called a fetal normality scan (FNS) and includes checks of your baby's heart, limbs, spine and brain. You will be offered the opportunity to find out the sex of your baby although 100% accuracy is not guaranteed.

At 26 weeks

Women who are at risk of developing gestational diabetes are offered glucose tolerance testing (GTT) to screen for diabetes. You will receive the result of this via your midwife at your next appointment unless a raised result is found, then you will be notified by the hospital and offered a hospital appointment to discuss your plan of care. Your midwife will talk to you about booking antenatal classes which can help prepare you for, labour, birth and beyond – details on how to book classes and information about what the classes cover can be found under the section preparation for birth.

28 weeks to birth

The number of antenatal appointments offered will be individual to you and based on your individual needs. As a minimum you can expect appointments to be offered at 28, 34, 36, 38 and 40 weeks of your pregnancy, this may include hospital and community settings dependant on your health and wellbeing.

You may want to revisit and update your PCP, your midwife and on attending antenatal classes will give you information which will help you to do this. Also, pack a bag of things you will need for you and your baby for the birth or prepare things you will need at home if you are planning a birth at home.



38 week

If you have not gone into labour you will be offered an internal examination called a membrane sweep ('stretch and sweep') to encourage labour.

At 41 weeks

If there are no signs of labour you will be advised about your choices regarding induction of labour (starting labour off).

Baby movements in pregnancy

You may feel your baby move as early as 16 weeks of pregnancy, but most women usually feel something between 18 and 24 weeks. If this is your first pregnancy, you may not notice your baby's movements until you are more than 20 weeks pregnant.



Baby movements in the womb, also known as fetal movements or 'kicks', can feel like anything from a flutter, kick, swish or roll. The type of movement may change as your pregnancy progresses. There is no set number of normal movements you should be feeling – every baby is different. Your baby will have their own pattern of movements that you should get to know. Your Midwife will provide you with a leaflet all about foetal movements, these can also be accessed in all languages <https://www.tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/leaflet-and-banner-feeling-your-baby-move-sign-they-are-well> .

From 18-24 weeks on you should feel the baby move more and more. After 32 weeks, the movements will stay roughly the same until you give birth.

It is **not true** that babies move less towards the end of pregnancy. You should **continue** to feel your baby move right up to the time you go into labour and during labour .

Do not wait until the next day to seek advice call the Maternity Assessment Centre (MAC) if you are worried about your baby's movements. Contact MAC immediately if you think your baby's movements have slowed down, stopped or changed.

Our MAC is open 24 hours a day, 7 days a week and can be contacted on **01274 364531/364532**.

Do not worry about contacting us it is important for your midwives and doctors to know if your baby's movements have slowed down or stopped.

Preparation for Birth

There is a huge amount of information relating to pregnancy, birth and after your baby is born.

The Bradford Antenatal Birth and BeYond (BABY) service provides information which is easily accessible and can help you to make choices about many aspects of your care such as choice of place of birth, pain relief in labour and how to feed your baby.

They run a series of preparation for pregnancy, birth and beyond classes which cover topics such as Active birth, water birth, caring for your baby, feeding and nurturing your baby and tours of the unit (Stork walk).

Further information about these classes and booking can found via our Eventbrite page or by scanning the above QR code:

www.eventbrite.com/ol/bradford-antenatal-birth-and-beyond-15679028266

If you do not have access to the internet, then you can ask your community or hospital midwife for further information about classes on offer.

Classes are run, virtually, by our friendly and experienced midwives. Our classes are designed to be



informative, understandable and fun whilst allowing you time to explore what information is important to you and your pregnancy.

For more complicated pregnancies such as twin pregnancies or pregnancies complicated by a medical condition, we run a series of specialist one-to-one classes which are tailored to your individual needs. Your community or hospital midwife can refer you to the parent education service for these.

You may find the following links useful:

Bradford Antenatal Birth and Beyond Facebook page:

<https://en-gb.facebook.com/BTHFTMaternity/>

Recommended information about pregnancy can be found at:

<https://www.nhs.uk/pregnancy/>

We also promote the Baby Buddy App which can be downloaded from the App Store or found online at:

www.bestbeginnings.org.uk/

Your Personalised Care plan (PCP)

Birth Plan – What is it?

A birth plan is generally a written / typed form of communication between yourself and the midwives and doctors caring for you. Every PCP is unique as is every birth. We encourage you to take some time in thinking about how you and your birth partner(s) would like your birth to be. Please remember that birth is a natural process and babies don't always arrive on their given date. We ask that you consider a flexible PCP, as birth does not always follow a pre-set plan.

You can discuss your thoughts with your midwife or doctor at antenatal appointments or when you attend parent education sessions (where you can compare thoughts and share information with the midwife and other parents to be). We are here to help by listening to your wishes and offering research-based guidance to help you.

Communication between yourself, your birth partner(s) and those caring for you is very important to help you make your baby's birth as special as possible. Having your PCP available in your records or at the time of labour should be referred to when exploring your preferences at the time.



Some suggestions to consider for your PCP are set out below:

- Where would you like to give birth to your baby? We offer homebirth, birth centre and labour ward births.
- Birth partners; who are they, do you want them present throughout the whole of the birthing process, e.g. whilst being examined? Please note we do not allow more than two birth partners in all hospital birth settings.
- Have you any personal / cultural / language support needs?
- Have you any thoughts for positions / mobility in labour and birth?
- What do you plan to use for coping mechanisms/pain relief during labour?
- Do you want a natural or assisted with an injection management of the third stage of labour (delivery of the placenta)?
- Do you want immediate skin-to-skin contact with your baby after birth? (Skin-to-skin contact helps mothers and babies in many ways. It's a good idea to have your baby lifted onto you as soon as they are born and before the cord is cut so you can be close to each other straight away)
- How would you like to feed your baby?
- Do you want your baby to have a Vitamin K injection? This is recommended for babies to prevent a rare blood clotting disorder; your midwife will discuss this with you
- Have you any other hopes and fears or issues?

Please feel free to use your own format or for an example birth plan visit:

<http://assets.nhs.uk/prod/documents/My-birth-plan-nhs.docx>

At BTHFT we support choice and control over the way your care is planned and received based on what matters to you and your individual needs and preferences. Your named midwife co-ordinating your care is the ideal person to support and help you.

If you feel you require further support due to your pregnancy becoming complex, previous history or you wish to follow a pathway of care that does not follow the advice of a midwife or an obstetrician, your midwife can refer you to our Specialist Midwife for Quality Midwifery Practice.

Other senior midwives exist within our service and their prime role is to listen to any concerns or fears you have about any aspect of your care. You can contact them on 01274 364500 between 8.30am and 4.30pm Monday to Friday.

What to bring into hospital?

Listed below are a few examples of items you will need to bring in to hospital with you:

- Toiletries
- Sanitary towels
- Cotton wool for nappy changes
- Nappies
- Formula milk, bottles, teats and a bottle brush (we provide sterilising equipment) if not intending to breastfeed.
- Comfortable clothing for birth and after you have had your baby.
- Change or contactless card for the car park
- Please bring food for your birth partner



What to expect after you have had your baby

All babies are offered vitamin K, a physical examination, a hearing screen test and if indicated, a BCG appointment will be requested for your baby to attend an outpatient clinic at BTHFT before 28 days of age.

Arrangements for these examinations will be made by the home birth team if your baby is born at home. We will aim to enable you to go home as soon as possible after birth, ensuring you and your baby/babies safety first. Any care or treatment recommendations will be discussed with you as part of discharge planning. Following discharge from hospital you will be offered postnatal care at home and in a community clinic in your local area.

The first visit – The midwife will visit you at home the day after discharge from hospital. The midwife will discuss feeding, safe sleeping practices amongst other health and wellbeing assessments.

Visits after your first visit – Your postnatal care will be provided by a midwife or a midwifery support worker trained in postnatal care and advice. The midwifery support worker will speak to a midwife if she has any concerns. We will offer to weigh your baby around days 3 and 5.

When your baby is around 5 days old you will be offered for your baby to have the blood spot test (heel prick test). The midwife or support worker will discuss the test and gain your consent to proceed.

Further postnatal care is planned dependant on the health and wellbeing of you and your baby.

Between 10 and 28 days after the birth of your baby the midwife will transfer your care to a health visitor.

Security within the Women and Newborn unit, Bradford Royal Infirmary – All wards and departments, in the Women and Newborn Unit, have camera intercom systems to control entry into the areas. The main doors to the maternity unit close in the evening, after this time entry to the maternity unit is via the night entrance to the rear of the Women and Newborn Unit (signposted in the Women and Newborn Unit car park).

No co-sleeping – BTHFT policy states all mothers should be informed that they should not sleep with their baby whilst in hospital as many risk factors may be present. For example; mothers maybe under the influence of drugs following birth such as Pethidine and/or general anaesthetic, extremely tired and or be unwell if they have experienced complications during labour and birth. In addition, hospital beds are not suitable for co sleeping.

For this reason we offer a bedside cot to enable you to have easy access to your baby and to easily place your baby back in the cot if you are feeling sleepy. You will be asked to inform staff when taking your baby into bed if there is a possibility that you may fall asleep.



Further Information

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds

Wristbands

When you are in hospital it is essential to wear a wristband at all times to make sure you are safe during your stay. The wristband will contain accurate details about you on it including all of the essential information that staff need to identify you correctly and give you the right care.

If you do not have a wristband whilst in hospital, then please ask a member of staff for one. If it comes off or is uncomfortable, ask a member of staff to replace it.

Accessible Information

If you need this information in another format or language, please ask a member of staff.

