

# My Pregnancy Support Plan

## Personal Information

My name is:

My date of birth:

If I am admitted to hospital, please contact:

During your pregnancy, birth and following birth you will be cared for by a Midwife.



My Midwife is:

Telephone number:

Where I will see my Midwife:

Some women will need to see a Doctor at the hospital. If you need to, your Midwife will arrange this.

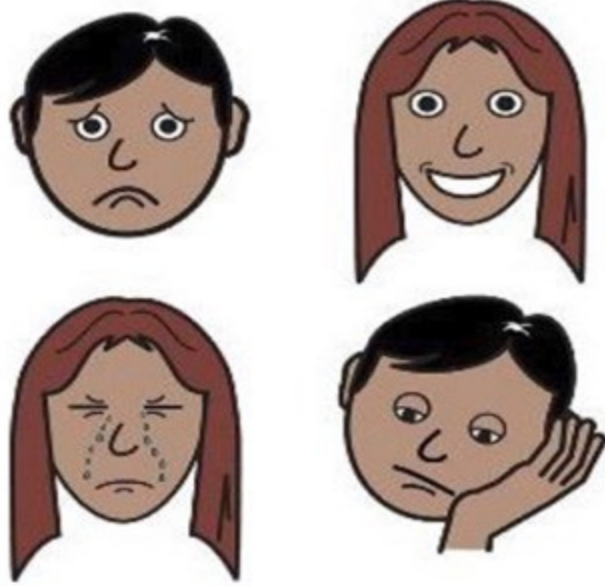


My Doctor is:

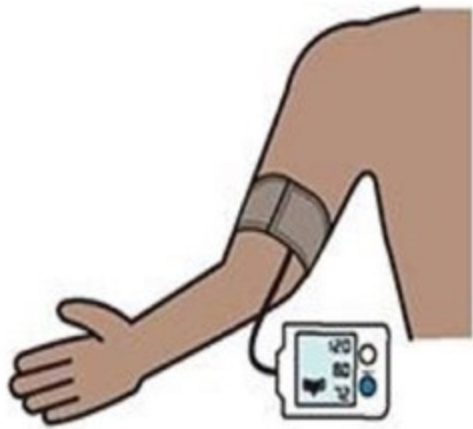
My clinic address:

## Appointments during pregnancy

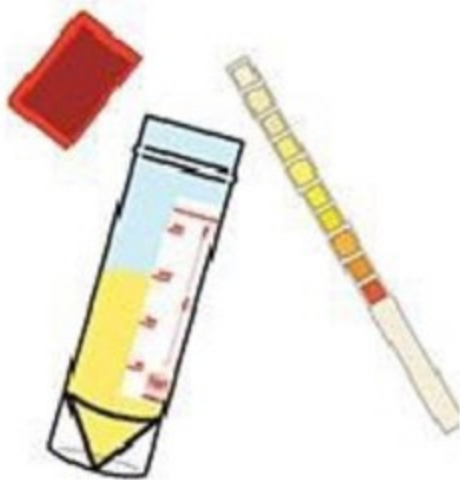
At every appointment you will be asked:



How are you feeling?



Can I measure your blood pressure?



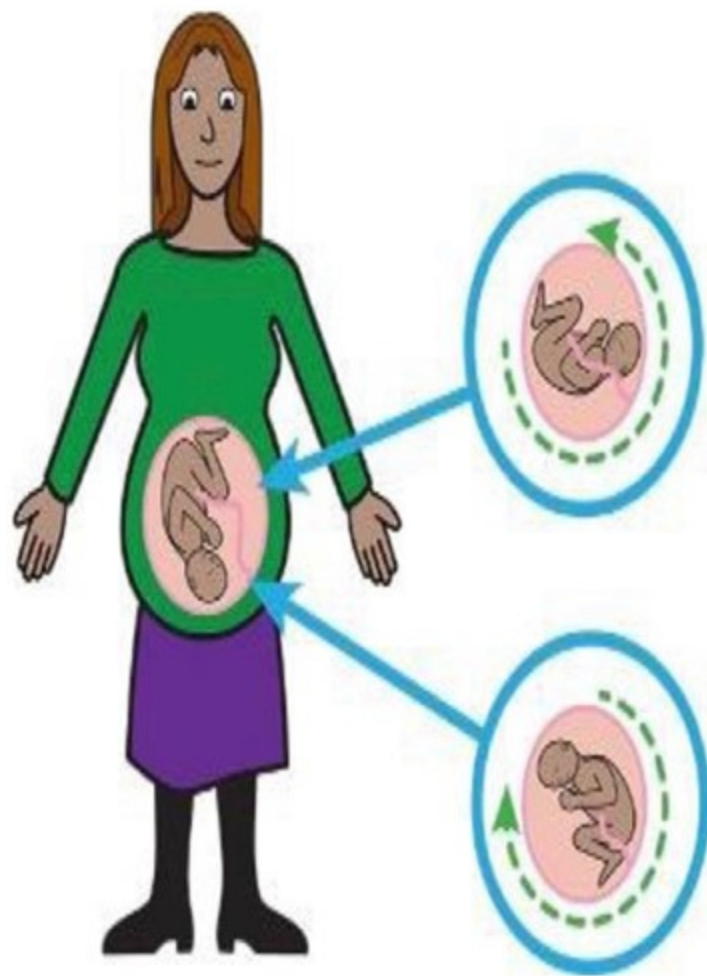
Can I test your urine?

(You will be given a bottle to wee in before each appointment)



Do you have any questions?



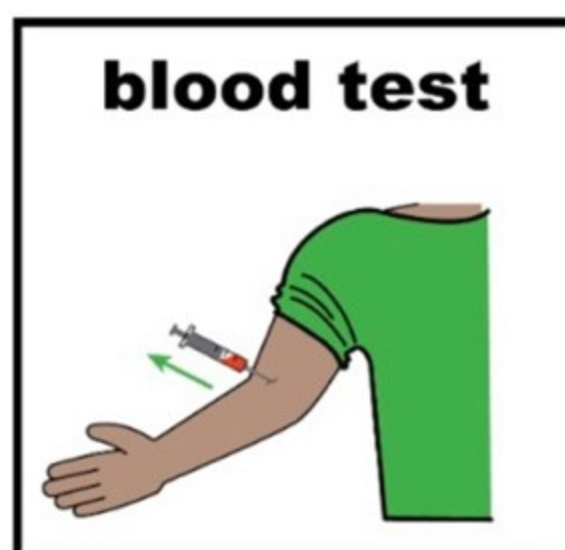


From 26 weeks pregnant:

Your baby should have a normal pattern of movements by this time. You will be asked.....

Is baby moving as normal?

Can I measure your stomach?



At your first appointment and again at 28 weeks you will be offered some blood tests.

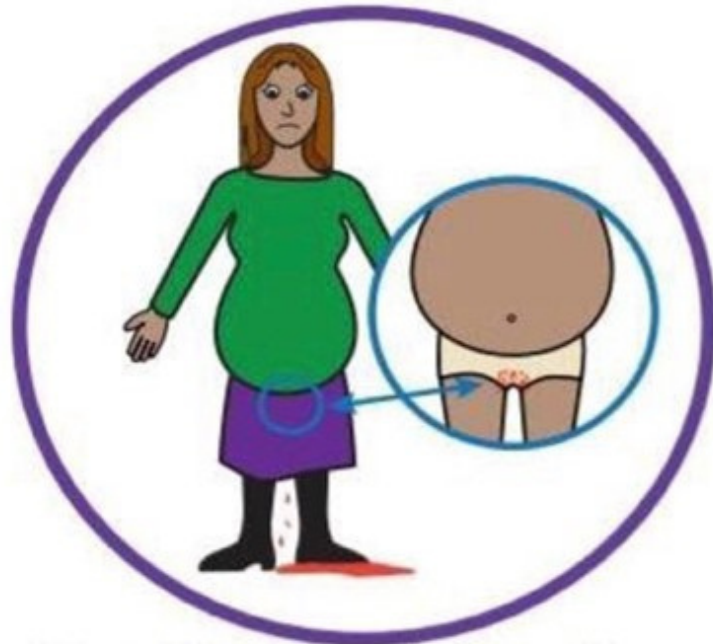
Please let us know if you need numbing cream.



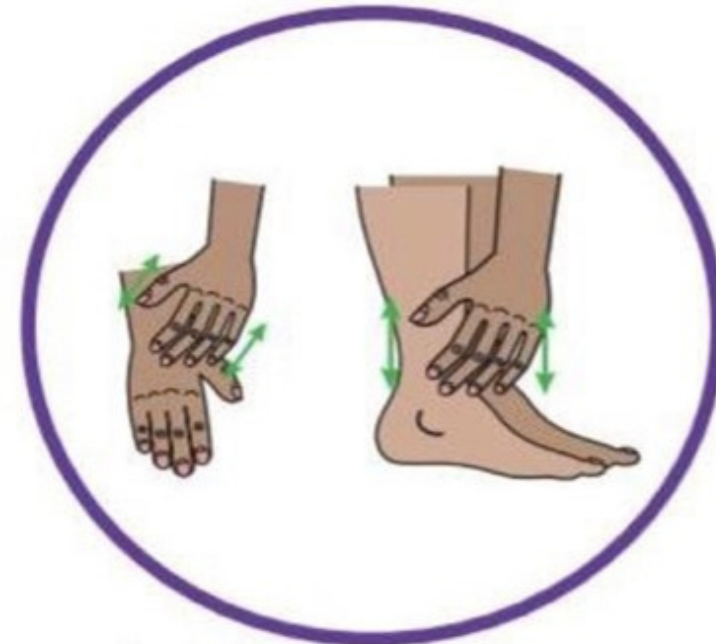
You will be offered at least 2 scans at the hospital.



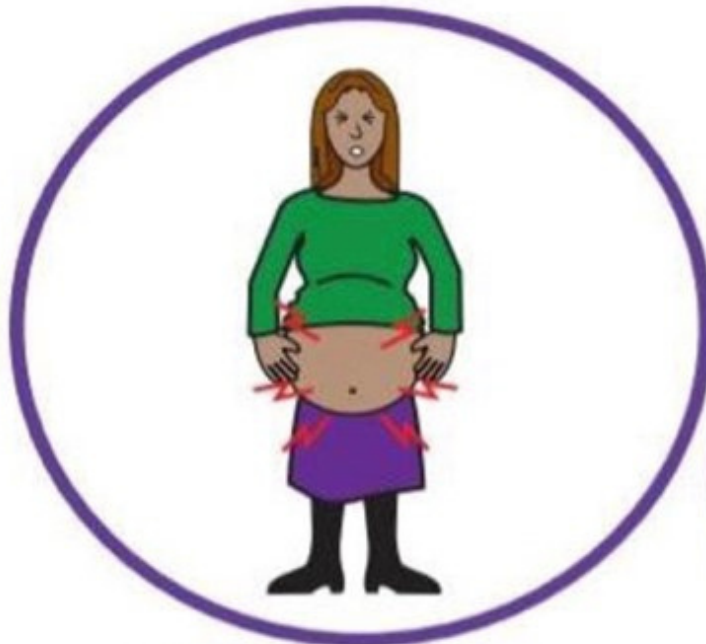
Call a midwife immediately on .....  
if you have any of the following:



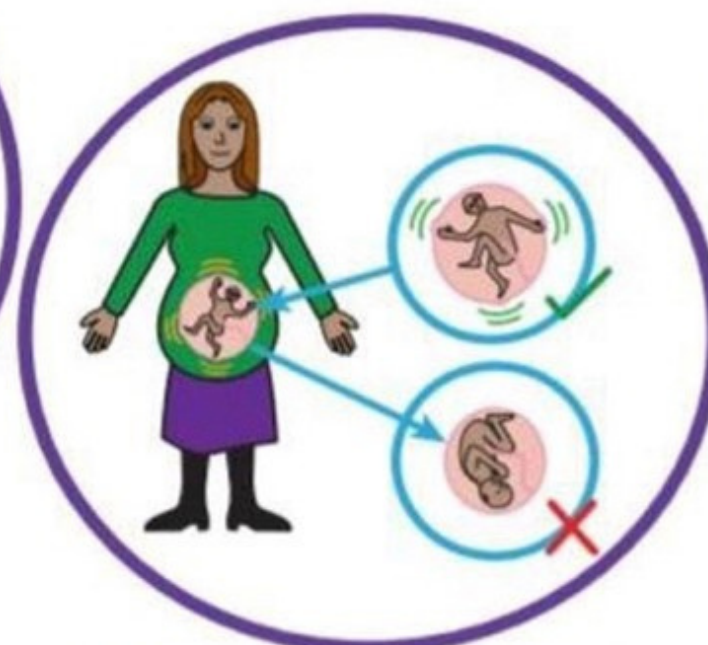
Spotting or bleeding



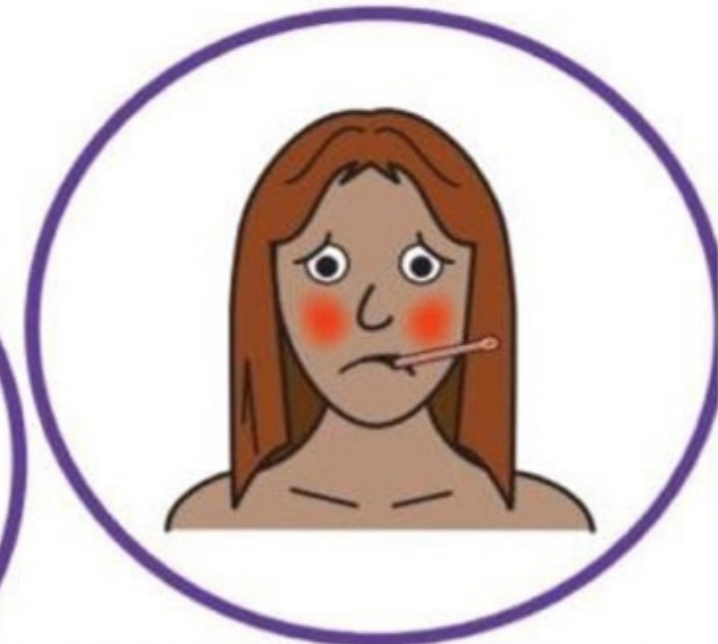
Itching hands or feet



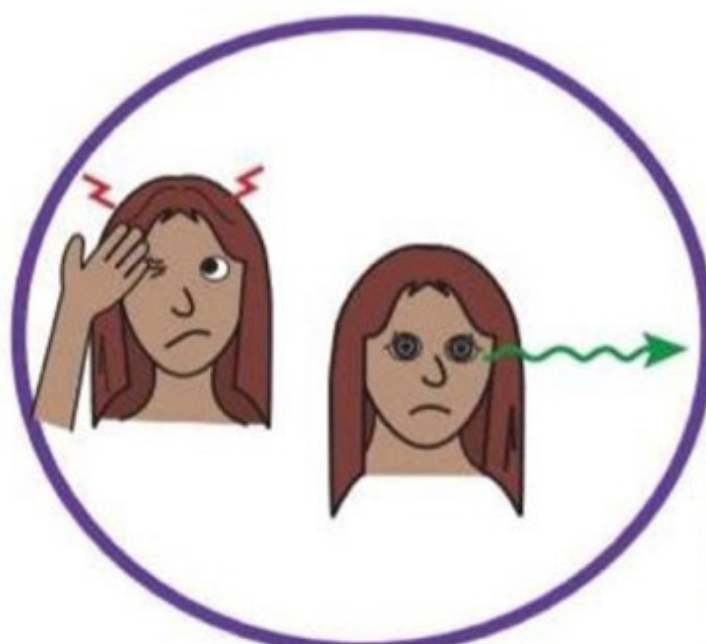
Contractions



Change in baby's movements



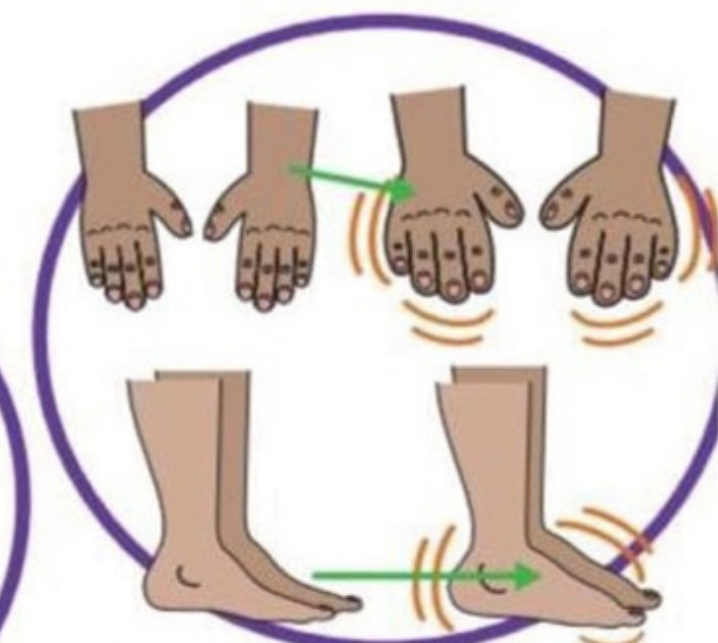
High temperature



Severe headache or blurred vision



Leaking fluid



Swollen hands or feet



## How to support me

Please use the following pages to let us know how we can support you.

### How to support me with communication:

Examples:

Easy-to-read information

use of pictures, symbols, flash cards A  
pain score tool or sign language.



### Medical conditions you should be aware of:

## Medication preferences:

Examples:

Liquid Tablets

Other

## Things which may cause me distress:

Examples:

Loud noises

Lots of people

Meeting new people

Bright lights

Being touched



## How to support me during pregnancy

### Examples:

Photographs to prepare me for coming to hospital.

Attending clinics at quieter times of the day.

Lists of what to bring to appointments.

Visits to the antenatal clinic, labour ward and postnatal ward.

Give me prior notice before touching me or taking blood.

Use the space below to tell us how we can support you





Please use these maternity plans to initiate conversations between you and your maternity team.

The examples given here are prompts to think about any adjustments your maternity team can make to support you.

Information given in the plans is brief and can be used to initiate care option conversations.

For further support or feedback feel free to contact me directly at:

[Karenhenry10@sky.com](mailto:Karenhenry10@sky.com) or [Karen.Henry@esneft.nhs.uk](mailto:Karen.Henry@esneft.nhs.uk)

With the very best of wishes for your pregnancy journey,

Karen Henry

Thanks to  easy on the 

With special thanks to Dean Milner-Bell for creating the images used in this support plan. Further images can be found at: <https://www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i/>