



**Humber and North Yorkshire**  
Health and Care Partnership

# Local Maternity and Neonatal System

## A guide to pregnancy

### Sîstema Dayikbûn û Neonatal ya Herêmî Rêberek ji bo ducaniyê

**NHS lînêrîna zikmakî - tevî lînêrîna berî zayînê, jidayikbûnê, û piştî zayînê - ji jinên ku di nav kategoriyên jêrîn de ne belaş peyda dike:**

**The NHS provides maternity care — including antenatal, birth, and postnatal care — free of charge to women who fall within the following categories:**

Bi gelemperî li Brîtanyayê niştecih in: hewce dike ku kesek li hundurê Keyaniya Yekbûyî bi qanûnî, dilxwazî, û bi armanca bicîhbûnê bijî.

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Hemwelatîyên EEA yên ji hêla dewletek din a Ewropî ve hatine sîgortekirin.

EEA nationals insured by another European state.

Kesên ku ji berdêlan têne derxistin: di nav de penaber, penaxwaz, niştecihên qanûnî yên herî kêr 12 meh, karkerên ku di saziyek UK-ê de dixebitin, û kesên xwebixwe.

Those exempt from charges: including refugees, asylum seekers, legal residents for at least 12 months, workers employed by a UK organization, and self-employed persons.

**To book for maternity care please contact:**

**Ji bo veqetandina lînêrîna dayikbûnê ji kerema xwe têkilî:**

### **Hull Women and Children's Hospital**

#### **Nexweşxaneyê Jin û Zarokan a Hull**

Please contact the direct access midwives on 01482 605304 text 07825 280822 or email [hyp-tr.direct.access@nhs.net](mailto:hyp-tr.direct.access@nhs.net). They will arrange your first appointment to see a midwife.

Ji kerema xwe li ser 01482 605304 nivîsê 07825 280822 an jî bi e-nameyê [hyp-tr.direct.access@nhs.net](mailto:hyp-tr.direct.access@nhs.net) bi pîrikikên gihîştina rasterast re têkilî daynin. Ew ê randevûya we ya yekem ji bo dîtina pîrikekê saz bikin.

### **Grimsby's Diana Princess of Wales Hospital**

#### **Nexweşxaneyê Grimsby ya Diana Princess of Wales**

Please call the North East Lincolnshire midwifery base on 03033 305232 or for Louth Hospital 01507 631210.

Ji kerema xwe re li ser 03033 305232 an ji bo Nexweşxaneyê Louth 01507 631210 bangî bingeha midûriyeta North East Lincolnshire bikin.

### **Scunthorpe General Hospital and Goole and District Hospital**

#### **Nexweşxaneyê Giştî ya Scunthorpe û Nexweşxaneyê Goole û Navçeyê**

Please call the appropriate midwifery base as detailed below.

Goole - 03033 304079, Brigg - 03033 30686, Barton/Winterton - 01652 6600520, Cottage Beck - 03033 303295, Isle Team - 01724 712925.

Ji kerema xwe gazî bingehe midûriyê yê guncan bikin ku li jêr hatî berfireh kirin.

Goole - 03033 304079, Brigg - 03033 30686, Barton/Winterton - 01652 6600520, Cottage Beck - 03033 303295, Tîma Isle - 01724 712925.

## **York Hospital and Scarborough General Hospitals**

### **Nexweşxaneyê York û Nexweşxaneyê Giştî ya Scarborough**

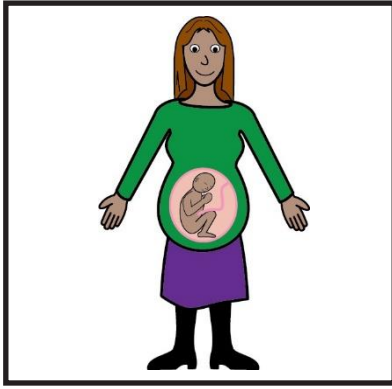
Please access the self-referral process through BadgerNotes.

Ji kerema xwe bi rîya BadgerNotes ve xwe bigihînin pêvajoya xweseriyê.



**If you do not speak English you may need to have someone with you to help with a telephone call, the person you have called will call you back with an interpreter.**

**Heger hûn bi Îngilîzî nizanin, dibe ku hewce bike ku kesek bi we re hebe ku di tîlefonê de alîkariya we bike, kesê ku we lê geriyaye dê bi wergêrek vegere we.**



When you are pregnant you will have regular appointments with a midwife. It is advisable to have your first appointment before 12 weeks.

Dema ku hûn ducanî bin hûn ê bi pîrikekê re bi rêkûpêk randevûyan bibînin. Tê pêşniyar kirin ku randevûya xwe ya yekem berî 12 hefteyan hebe.



A midwife cares for women and their families during pregnancy, birth and after the birth.

Pîrik di dema ducaniyê, zayînê û piştî welidandinê de li jinan û malbatên wan xwedî derdikeve.



Some women also need to see a doctor as well as a midwife, when they are pregnant.

Hin jin jî dema ku ducanî ne, hewce ne ku herin bijîşk û pîrik.

Your midwife will arrange this.

Pîrika we dê vê yekê amade bike.



Your midwife appointments might be at a Doctors surgery, a Children's Centre or another clinic.

Dibe ku serdanên we yên pîrik li neştergeriyek bijîjk, navendek zarokan an klînîkek din bin.



My Midwife's name is:

Navê Pîrika min ev e:



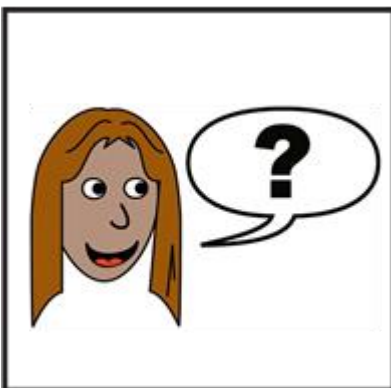
Telephone number:

Hejmara telefonê:



My clinic is:

Klînîka min ev e:



At the first appointment, your midwife will give you your maternity notes. You will take these notes to every appointment during your pregnancy.

The midwife will make you an appointment for an ultrasound scan at this appointment.

Di randevûya yekem de pîrik dê notên weya dayikbûnê bide we. Di dema ducaniyê de hûn ê van notan li ser her randevûyê bigirin.

Pîrik dê di vê serdanê de ji bo şanoya ultrasoundê randevûyekê bide we.



You can bring a friend or relative with you to the appointments. The midwife will use an interpreter if you do not speak English.

Di randevûyan de hûn dikarin heval an jî xizmekî xwe bi xwe re bînin. Pîrik dê wergêrekê bikar bîne eger tu bi îngilîzî nizanibî.

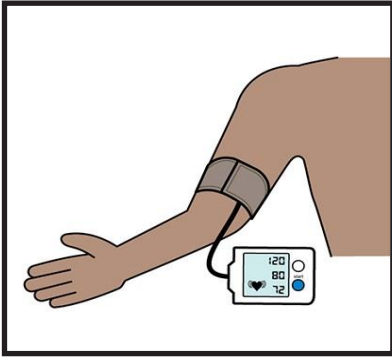


If you're expecting your first child, you'll have up to 10 antenatal appointments.

If you have had a baby before, you will have around 7 appointments, but sometimes you may have more – for example, if you develop a medical condition.

Heke hûn li hêviya zaroka xwe ya yekem in, hûn ê heta 10 hevdîtînên antentalê hebin.

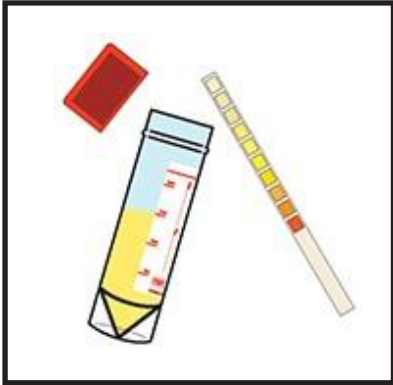
Ger we berê zarokek we çêbûbe, hûn ê li dora 7 randevûyan hebin, lê carinan dibe ku hûn bêtir jî hebin - bo nimûne, heke we rewşek bijîjkî pêş bikeve.



**Every time you see your midwife they will:**

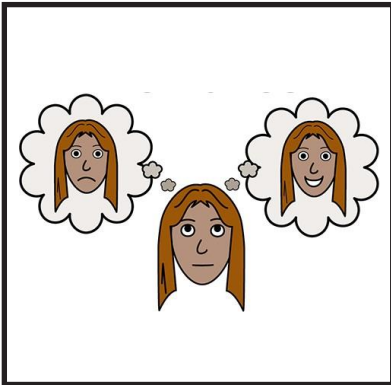
Take your blood pressure.

**Her gava ku hûn pîrika xwe bibînin ew ê:**  
**Tansiyona xwîna xwe bigirin.**



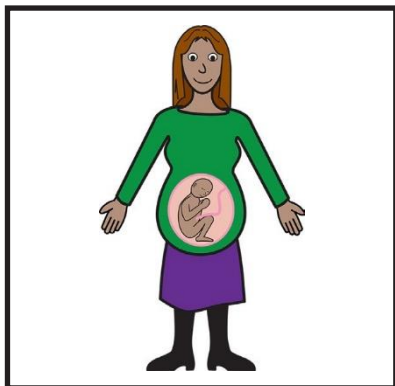
Test your urine.

**Mîza xwe test bikin.**



Talk to you about how you are feeling emotionally and can refer you for extra support.

**Bi we re bipeyivin ka hûn bi hestyarî çawa hîs dikin û dikarin we ji bo piştgirîyek zêde bişînin.**



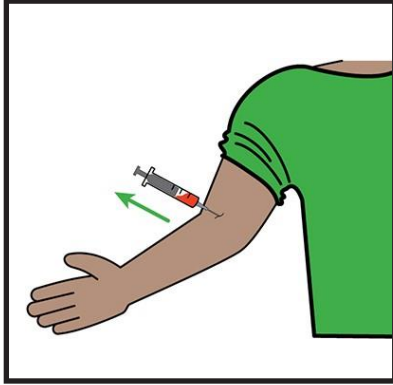
Talk to you about your baby's movements.

**Li ser tevgerên zarokê xwe bi we re bipeyivin.**



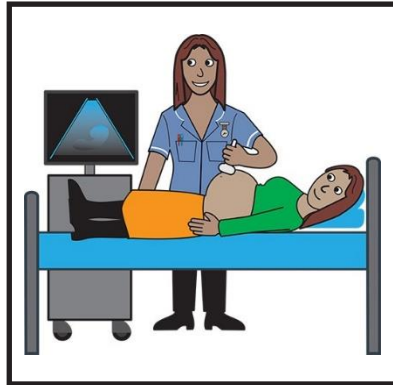
As your baby grows, your midwife will measure your bump with a tape measure and plot your baby's growth in your maternity notes.

Her ku pitika we mezin dibe, pîrika we dê bi pîvana kasetekê girêka we bipîve û mezinbûna zarokê we di notên weya dayiktiyê de binivîsîne.



Your midwife will offer you some blood tests at the first appointment and at the 28 week appointment. These check for your blood group, an iron count and infection screen.

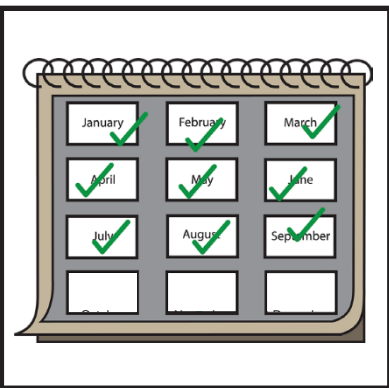
Pîrika we dê di randevûya yekem û di randevûya heftiya 28 de hin testên xwînê pêşkêşî we bike. Vana koma xwîna we, hejmartina hesin û ekrana enfeksiyonê kontrol dikin.



Scans are done at the hospital. These are routinely performed at approximately 12 weeks and 20 weeks.

Some women will need extra scans.

Scan li nexweşxaneyê têne kirin. Ev bi rêkûpêk bi qasî 12 hefte û 20 hefte têne kirin.



Pregnancy lasts 9 months or 40 weeks.

Ducanî 9 meh an jî 40 hefte dom dike.





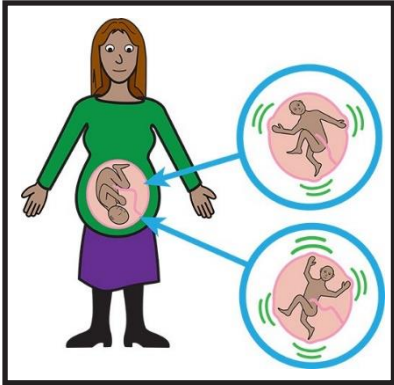
Call a midwife on:

.....  
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if you find any of the following:

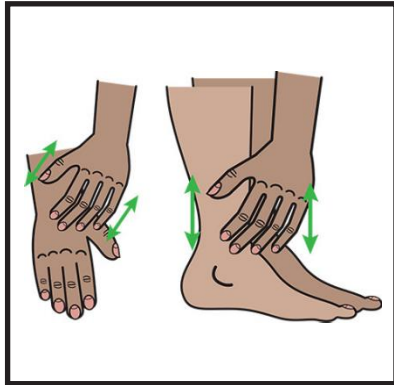
**Gaza pîrik bikin:**

**heke hûn yek ji van jêrîn bibînin:**



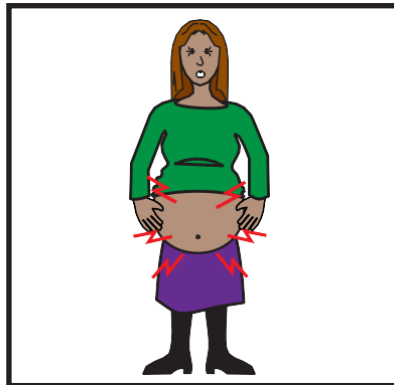
Change in baby's movements.

**Guhertina tevgerên pitikê.**



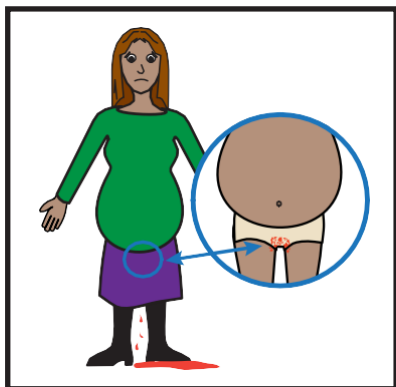
Itching hands or feet.

**Dest an lingên xwe diêşînin.**



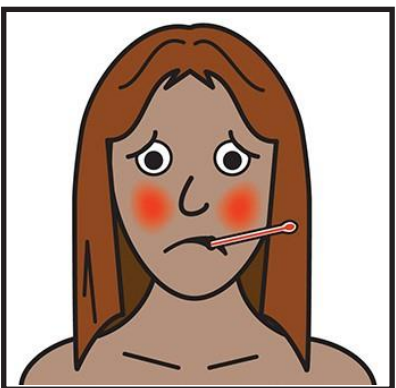
Contractions or pain in the stomach which is getting worse.

**Pevçûn an êşa zikê ku her ku diçe xirabtir dibe.**



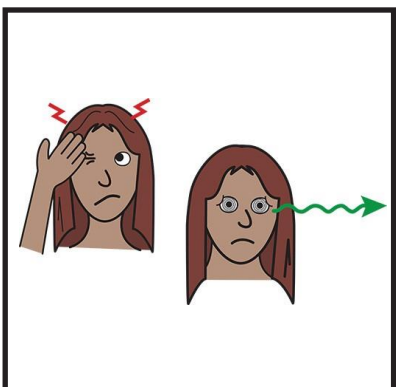
Spotting or bleeding.

Nîşan an xwînrijandin.



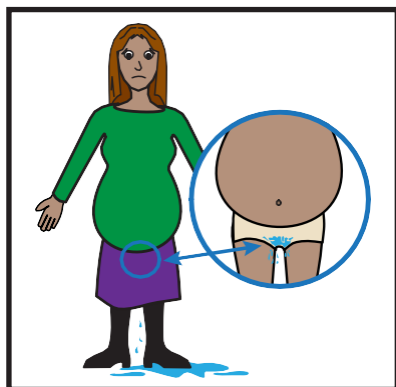
High temperature.

Germahiya bilind.



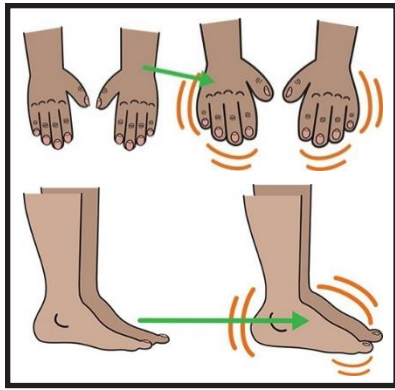
Severe headache or blurred vision.

Serêşiya giran an jî dîtina nerazî.



Leaking fluid.

Avê diherike.

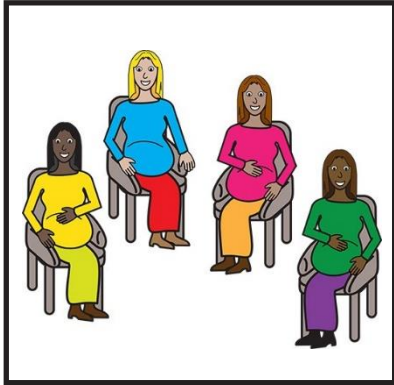


### Swollen hands or feet.

This can be normal if you do not have any other symptoms, but if you are worried, please contact your hospital.

### Dest an lingên werimî.

Heke hûn nîşanên din tunebin ev dikare normal be, lê heke hûn bi fikar in, ji kerema xwe bi nexweşxaneyê xwe re têkilî daynin.



It is good to go to some classes to learn about what is happening to your body and to learn about your baby.

Baş e ku hûn biçin hin dersan da ku hûn fêr bibin ka çî di laşê we de diqewime û li ser pitikê xwe fêr bibin.

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The LMNS has an Ask the Midwife service which is run over social media or by emailing [hny.lms@nhs.net](mailto:hny.lms@nhs.net). To find out more please go to:

<https://www.humberandnorthyorkshirematernity.org.uk/support1/ask-a-midwife/>

**LMNS karûbarek Ask Midwife heye ku li ser medyaya civakî an bi e-nameyê [hny.lms@nhs.net](mailto:hny.lms@nhs.net) tê meşandin. Ji bo bêtir agahdarî ji**

**kerema xwe**

**biçin: <https://www.humberandnorthyorkshirematernity.org.uk/support1/ask-a-midwife/>**

Access <https://www.humberandnorthyorkshirematernity.org.uk/> for more information to support people who are thinking of having children, who are already pregnant or who have recently had a baby.

**Gihîştina <https://www.humberandnorthyorkshirematernity.org.uk/> ji bo bêtir agahdarî ji bo piştgirîkirina kesên ku difikirîn bibin xwedî zarok, yê ku jixwe ducanî ne an jî yê ku ji nû ve pitikek çêbûne piştgirî bikin.**