



Humber and North Yorkshire
Health and Care Partnership

Local Maternity and Neonatal System

A guide to pregnancy

Sistem Maternity sareng Neonatal Lokal

Pituduh keur kakandungan

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

NHS nyayogikeun perawatan maternity - kalebet perawatan antenatal, kalahiran, sareng postnatal - gratis pikeun awéwé anu kalebet dina kategori ieu:

Ordinarily resident in the UK: requires a person to live within the UK lawfully, voluntarily, and with the purpose of settling.

Biasana nyicingan di Inggris: ngabutuhkeun jalma pikeun cicing di Inggris sacara sah, sacara sukarela, sareng kalayan tujuan netep.

EEA nationals insured by another European state.

Kawarganagaraan EEA diasuransikeun ku nagara Éropa anu sanés.

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.

Anu dibebaskeun tina biaya: kaasup pangungsi, seekers suaka, warga légal salila sahenteuna 12 bulan, pagawe padamelan ku organisasi Inggris, sarta jalma timer padamelan.

To book for maternity care please contact:

Pikeun pemesanan perawatan maternity mangga ngahubungan:

Hull Women and Children's Hospital

Hull Awewe jeung Rumah Sakit Barudak

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

Mangga ngahubungan bidan aksés langsung dina 01482 605304 téks 07825 280822 atawa surélék hyp-tr.direct.access@nhs.net. Aranjeunna bakal ngatur janji munggaran anjeun pikeun ningali bidan.

Grimsby's Diana Princess of Wales Hospital

Grimsby urang Diana Putri Rumah Sakit Wales

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

Punten nelepon ka pangkalan bidan North East Lincolnshire di 03033 305232 atanapi kanggo Rumah Sakit Louth 01507 631210.

Scunthorpe General Hospital and Goole and District Hospital

Rumah Sakit Umum Scunthorpe sareng Rumah Sakit Goole sareng Distrik

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.

Punten nelepon ka pangkalan bidan anu cocog sakumaha anu diwincik di handap ieu.

Goole - 03033 304079, Brigg - 03033 30686, Barton / Winterton - 01652 6600520, Pondok Beck - 03033 303295, Tim Pulo - 01724 712925.

York Hospital and Scarborough General Hospitals

Rumah Sakit York sareng Rumah Sakit Umum Scarborough

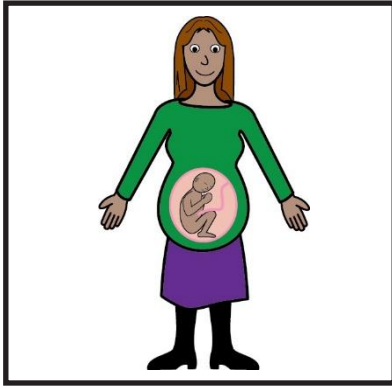
Please access the self-referral process through BadgerNotes.

Mangga aksés kana prosés rujukan diri ngaliwatan BadgerNotes.



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.

Upami anjeun henteu nyarios basa Inggris, anjeun panginten kedah gaduh batur pikeun ngabantosan telepon, jalma anu anjeun telepon bakal nelepon deui sareng juru basa.



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

Nalika anjeun reuneuh anjeun bakal gaduh janjian rutin sareng bidan. Disarankeun gaduh janjian heula sateuacan 12 minggu.



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

Bidan ngarawat awéwé sareng kulawargana nalika kakandungan, kalahiran sareng saatos ngalahirkeun.



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

Sababaraha awéwé ogé kedah ningali dokter sareng bidan nalika kakandungan.

Your midwife will arrange this.

Bidan anjeun bakal ngatur ieu.



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

Pasini bidan anjeun tiasa di bedah Dokter, Pusat Barudak atanapi klinik anu sanés.



My Midwife's name is:

Ngaran Bidan abdi nyaéta:



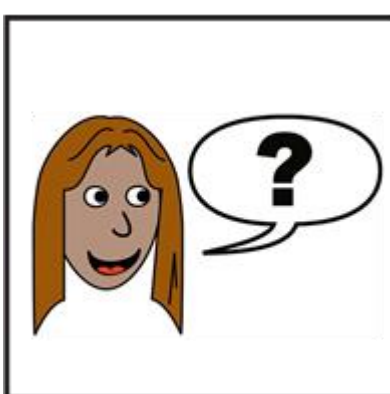
Telephone number:

Nomer telepon:



My clinic is:

Klinik kuring nyaéta:



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.

Dina janjian munggaran, bidan anjeun bakal masihan anjeun catetan maternity Anjeun. Anjeun bakal nyandak catetan ieu unggal janjian nalika kakandungan anjeun. Bidan bakal ngajantenkeun anjeun pasini pikeun scan ultrasound dina janjian ieu.



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

Anjeun tiasa nyandak babaturan atanapi baraya sareng anjeun ka janjian. Bidan bakal ngagunakeun juru basa upami anjeun henteu nyarios basa Inggris.

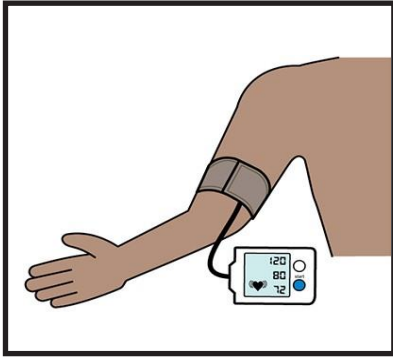


If you're expecting your first child, you'll have up to 10 antenatal appointments.

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.

Upami anjeun ngarepkeun anak kahiji anjeun, anjeun bakal gaduh dugi ka 10 janjian antenatal.

Upami anjeun kantos gaduh orok sateuacanna, anjeun bakal gaduh sakitar 7 janjian, tapi sakapeung anjeun tiasa langkung seueur - contona, upami anjeun ngembangkeun kaayaan médis.

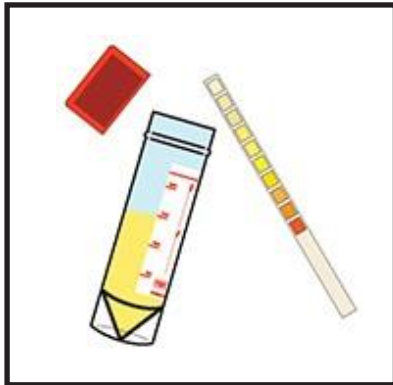


Every time you see your midwife they will:

Take your blood pressure.

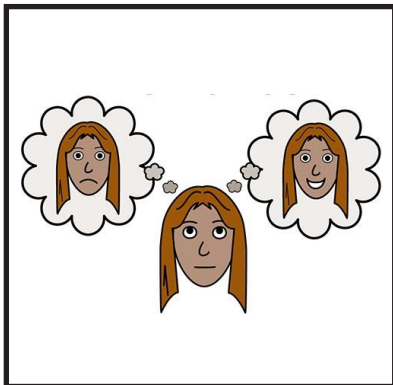
Unggal-unggal anjeun ningali bidan anjeun, aranjeunna bakal:

Candak tekanan getih anjeun.



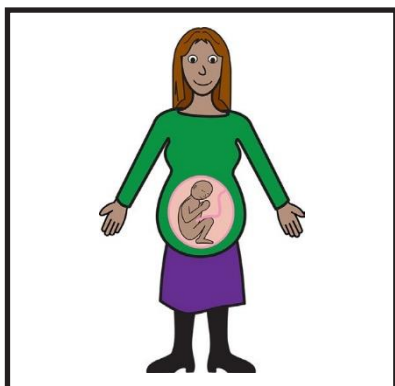
Test your urine.

Nguji cikiih anjeun.



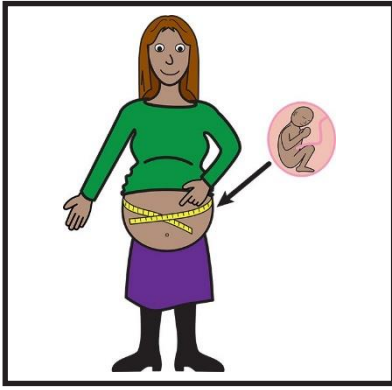
Talk to you about how you are feeling emotionally and can refer you for extra support.

Ngobrol sareng anjeun ngeunaan kumaha perasaan anjeun sacara émosional sareng tiasa ngarujuk anjeun pikeun dukungan tambahan.



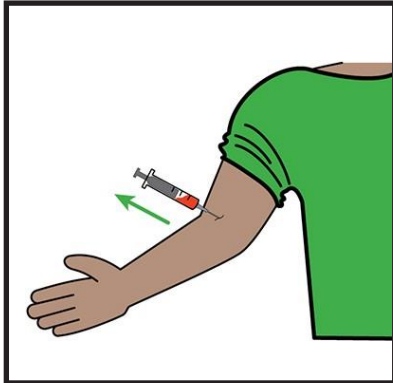
Talk to you about your baby's movements.

Ngobrol sareng anjeun ngeunaan gerakan orok anjeun.



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

Nalika orok anjeun tumuwuh, bidan anjeun bakal ngukur nabrak anjeun nganggo pita ukur sareng ngarencanakeun kamekaran orok anjeun dina catetan maternity anjeun.



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.

Bidan anjeun bakal nawiskeun anjeun sababaraha tés getih dina janjian munggaran sareng dina janjian 28 minggu. Ieu pariksa pikeun grup getih anjeun, hiji count beusi sarta layar inféksi.

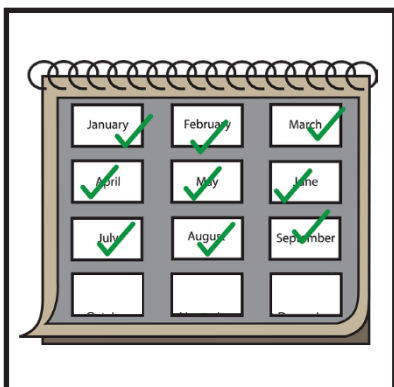


Scans are done at the hospital. These are routinely performed at approximately 12 weeks and 20 weeks.

Some women will need extra scans.

Scans dilakukeun di rumah sakit. Ieu rutin dilakukeun dina sakitar 12 minggu sareng 20 minggu.

Sababaraha awéwé bakal butuh scan tambahan.



Pregnancy lasts 9 months or 40 weeks.

Kakandungan lasts 9 bulan atawa 40 minggu.



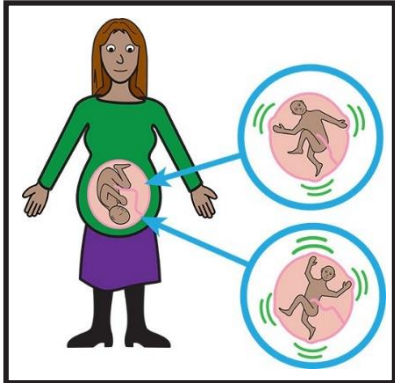
Call a midwife on:

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if you find any of the following:

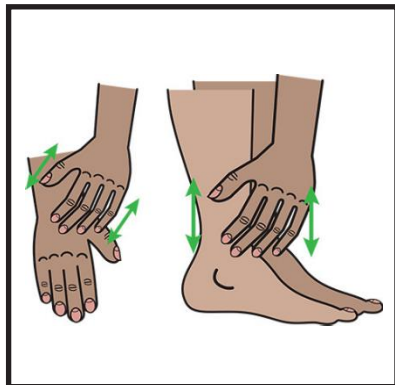
Nelepon bidan dina:

upami anjeun mendakan salah sahiji di handap ieu:



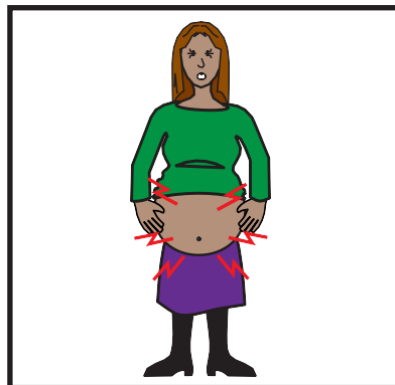
Change in baby's movements.

Robah gerakan orok.



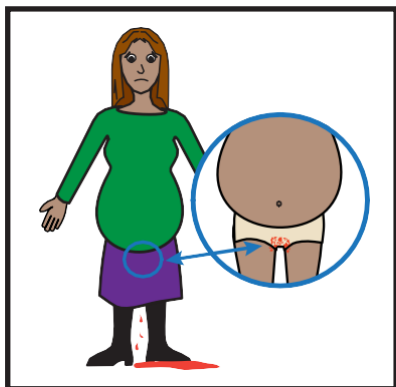
Itching hands or feet.

Gatal leungeun atawa suku.



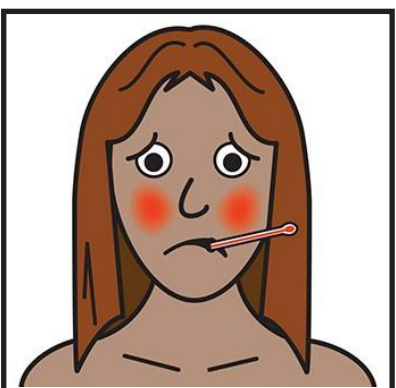
Contractions or pain in the stomach which is getting worse.

Kontraksi atanapi nyeri beuteung anu beuki parah.



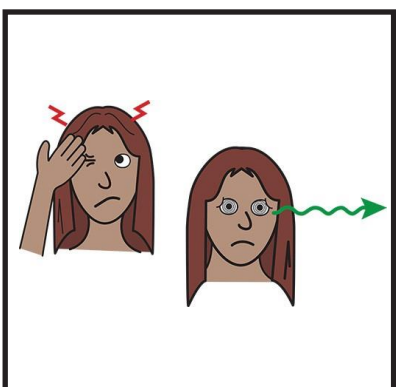
Spotting or bleeding.

Bintitan atawa perdarahan.



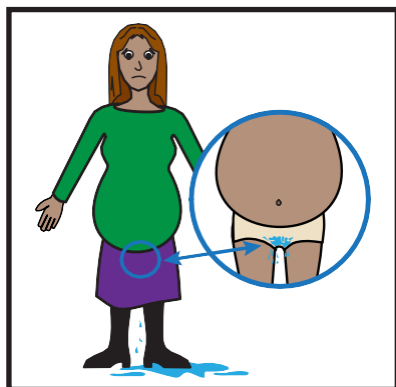
High temperature.

Suhu luhur.



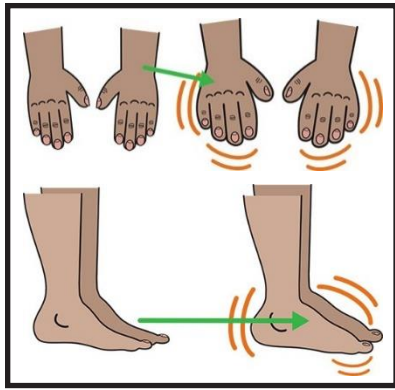
Severe headache or blurred vision.

Lieur parna atanapi visi kabur.



Leaking fluid.

Cairan bocor.

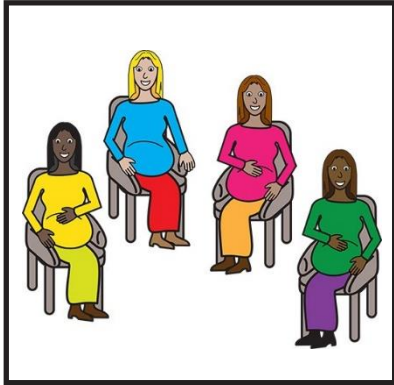


Swollen hands or feet.

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

leungeun atawa suku bareuh.

leu tiasa normal upami anjeun henteu ngagaduhan gejala anu sanés, tapi upami anjeun hariwang, mangga ngahubungi rumah sakit anjeun.



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

Hadé pisan mun éta indit ka sababaraha kelas pikeun neuleuman ngeunaan naon anu lumangsung dina awak anjeun sarta pikeun neuleuman ngeunaan orok anjeun.

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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. To find out more please go to: <https://www.humberandnorthyorkshirematernity.org.uk/support1/ask-a-midwife/>

LMNS ngagaduhan jasa Tanya Bidan anu dijalankeun dina média sosial atanapi ku email hny.lms@nhs.net. Kanggo inpo nu leuwih lengkep mangga buka: <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.

Aksés <https://www.humberandnorthyorkshirematernity.org.uk/> kanggo inpormasi anu langkung seueur pikeun ngadukung jalma-jalma anu mikirkeun budak, anu parantos kakandungan atanapi anu nembe gaduh orok.