1. BOOKING APPOINTMENT

Tick what you want to ask. Write the answers down.

- [ ] What will my care look like - how many appointments, and where?
- [ ] Will I see the same midwife each time? Can I ask for continuity of carer?
- [ ] How do I book an interpreter for every appointment?
- [ ] Which screening tests are offered, and what do they check for?
- [ ] Which vitamins should I take, and what dose of folic acid do I need?
- [ ] How do I contact the maternity team between appointments - day and night?

You are entitled to an interpreter at every appointment. Ask at booking.

ANSWERS

safariyamama.co.uk

2. DURING PREGNANCY

Tick what you want to ask. Write the answers down.

- [ ] Is my baby growing as expected? What is my fundal height today?
- [ ] What should my baby's movements feel like - and what do I do if they change?
- [ ] What do my blood pressure and urine results mean today?
- [ ] Am I at higher risk of anything - gestational diabetes, pre-eclampsia, anaemia?
- [ ] How will we watch for it?
- [ ] When and how do I book free antenatal classes? Are any in my language?
- [ ] What are my options for where to give birth?

Any change in your baby's movements: call your maternity unit straight away, day or night.

ANSWERS

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3. APPROACHING BIRTH

Tick what you want to ask. Write the answers down.

- [ ] Can we go through my birth plan together?
- [ ] If induction is suggested - why, what are the alternatives, and what if I wait?
- [ ] What pain relief will be available where I am giving birth?
- [ ] Who can be with me in labour, and in theatre if needed?
- [ ] When exactly should I come in - what are the signs?
- [ ] What happens if my plans have to change?

You can decline any procedure, and change your mind at any time.

ANSWERS

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4. AFTER THE BIRTH

Tick what you want to ask. Write the answers down.

- [ ] What is normal for bleeding, pain and healing - and what is NOT normal?
- [ ] Who visits me at home, and when? Who do I call in between?
- [ ] Where can I get feeding help - today, and at 3am?
- [ ] How do I get help if I feel low, anxious or not myself?
- [ ] What happens at my 6-8 week check?
- [ ] How do I make sure I get a check for ME, not just my baby?

If you feel unheard: "I am worried about ___. Please examine me and record my concern in my notes."

ANSWERS

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Print on A4 and cut out the four cards. Keep them in your notes or your bag.

General information, not medical advice. Always speak to your midwife, GP or health visitor about your circumstances. In an emergency call 999.