

# My **Pregnancy**

## Passport

by



To carry with me wherever I go

**My local care provider's details:**

**My ideal birth choices:**



Helping expectant parents and their babies by ensuring key pregnancy information is always to hand.

Registered Charity number 1153325



Please recycle me as I'm 100% recyclable

# Call your maternity unit...

## Immediately if you have:

- noticed your baby's movements slow down or stop.
- any bleeding or leaking of fluid (clear or any colour).
- a high temperature.
- obvious swelling of your hands and face, or upper body.
- a persistent headache.
- problems with vision (blurring, flashing lights or spots, difficulty focusing).
- severe pain just below the ribs in the middle of your tummy.



## Within 24 hours if you have:

- itching (hands/feet or anywhere else).
- abnormal discharge.
- soreness around your vagina.



## Trust your instincts...

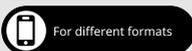
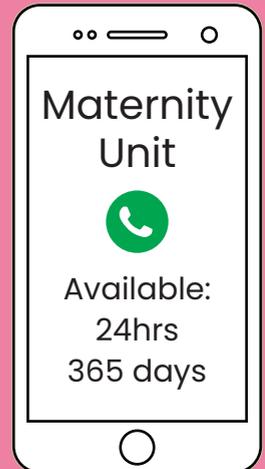
- ✓ Be confident and report your concerns.



**DON'T rely on home dopplers,** hand-held monitors or phone apps to check your baby's wellbeing. They don't give a true picture of your baby's health.

## If in doubt, get checked out!

If you are worried about any aspect of your care, ask to speak to your Head of Midwifery.



Tag **@mamaacademy** on social media if your Pregnancy Passport has helped you or your baby!

We would love to share your story!

Or email: **contact@mamaacademy.org.uk**

## Monitor your baby's movements...

From 16–24 weeks, you should feel your baby's movements increase up until 32 weeks. Movements then stay about the same until your baby is born. A reduction in your baby's movements could be nothing to worry about, but if your baby's movements are significantly less or stop, you should call your maternity unit **straight away**.

Babies **should not** move less towards the end of pregnancy or during labour.

If you think your baby's movements have reduced, call your midwife or maternity unit straight away, no matter how many times this happens. **You should be asked to go in for assessment.**



## Look after yourself by...

- going to all your antenatal appointments.
- having the whooping cough, flu and Covid-19 vaccinations (all available free).
- washing your hands before and after handling food.
- avoiding people with infections such as chickenpox and slapped cheek syndrome.
- stop drinking alcohol and caffeine.
- giving up smoking.
- staying active.

## Ask your midwife...

- how can I eat and drink healthily and stay active? (Only eat for you, not for two).
- what can I do to reduce my chance of experiencing complications?
- can we discuss my birth choices?
- what information is available about feeding my baby?

## Smoking increases the risk of stillbirth / miscarriage / SIDS / prematurity...



- a smoke free pregnancy is the best healthy start for your baby.
- every time you smoke, poisonous carbon monoxide is delivered to your baby, reducing their oxygen and making your baby's heart work faster.
- you are 3 times more likely to quit with free, local & non-judgemental support than going it alone. **Ask your midwife for details.**

## Foods to avoid are...

- ✗ soft mould-ripened and soft blue veined cheeses.
- ✗ raw/undercooked shellfish and meat.
- ✗ eggs that are not British Lion Quality marked.
- ✗ vitamin A supplements e.g. fish liver oils.
- ✗ liver and products that contain liver such as pâté.
- ✗ raw fruit and vegetables that haven't been washed.

**My hospital number:**

**My name:**

**My primary language:**

**Next of kin name:**

**Next of kin phone numbers:**

Mobile:

Work:

Home:

**My expected due date:**

**My allergies:**

**My vaccine dates:**

Flu:

Whooping Cough:

Covid 1:

Covid 2:

Covid Booster:

**My blood group /  
HB serology:**

**My medical history:**

**My obstetric history:**

**My sticker:**

Place your  
Personalised Pregnancy  
Sticker here.  
(If applicable)

## **YOUR PASSPORT POUCH:**

Store your photos and  
other important  
documents inside.



**Don't forget that you can empower yourself further by visiting our website  
and social media coverage**



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www.mamaacademy.org.uk

# Be empowered

## Your mental health & wellbeing...

Having a baby is a big life event, and it's natural to experience a range of emotions and reactions during and after your pregnancy. But if they start to have a big impact on how you live your life, you might be experiencing mental health difficulties.

Around one in five women will experience mental health difficulties during pregnancy or in the year after giving birth. This might be a new mental health problem or another episode of a mental health problem you've experienced before. These are known as perinatal mental health problems.

**It's important to ask for help or support if you need it. You're likely to find that many new parents are feeling the same way.**

## Sleep on your side...

- during the third trimester, it is recommended that you go to sleep on your side.
- don't worry if you wake up on your back. Simply settle back onto your side.

**Research shows that this is safer for your baby.**



## Avoid infection...

- wash hands regularly and thoroughly.
- avoid putting used dummies in your mouth.
- avoid kissing young children and babies on the mouth.
- avoid sharing food and drinks (including using the same cutlery/cups).

**You can significantly reduce the risk of contracting an infection in pregnancy by taking these simple precautions.**



If you think labour has started, **phone your maternity unit for advice.**