

What say do I have in my care?



**There are different ways of being looked after during pregnancy, and you will have an active say in how both you and your baby are cared for.**

Most women in Lothian are looked after by a midwife in their local community. Midwives provide expert clinical care during pregnancy, in childbirth and following the birth. Your midwife will be part of a team, and you may be seen by other midwives from that team during and after your pregnancy.

You may want your GP (family doctor) to be involved in your pregnancy care, and all GP practices in Lothian will give you this option. Your care will then be shared between your midwife and your GP.

You may see other health professionals, such as a physiotherapist, and your midwife may also refer you to a consultant obstetrician or other hospital consultants for specialist advice and care.

Whatever your choice, all professionals involved in your care will work in partnership with you and each other.

Where can I choose to give birth?



**In Lothian, you can choose to have your baby in hospital or at home.**

**In hospital**, hospital midwives will care for you in labour and at the birth. Other health care professionals will be there to help you if needed. There are two maternity hospitals:

- Royal Infirmary of Edinburgh (RIE)
- St John's Hospital in Livingston.

**At home**, community midwives will care for you in labour and at the birth. Your midwife, GP or consultant obstetrician will be happy to discuss your options with you.

**Remember, it is your right to change your choice at a later time.**

Useful telephone numbers and web addresses:



To book a first midwife appointment  
**0131 536 2009**

Supervisor of midwives  
St John's Hospital  
**01506 523 000**

Royal Infirmary of Edinburgh  
**0131 536 1000**

Citizens Advice Bureau  
**0131 557 1500**

Smokeline  
**0800 84 84 84**

[www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk)  
[www.canstopsmoking.com](http://www.canstopsmoking.com)  
[www.alcohol-focus-scotland.org.uk](http://www.alcohol-focus-scotland.org.uk)  
[www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)



**Pregnant?  
What Next?**



This leaflet tells you how to access care for you and your baby during pregnancy, and who to contact if you need more information.

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## What do I do next?

Now you know you are pregnant, the first thing you should do is call us to arrange an appointment with a midwife. The number is **0131 536 2009**.

Or, if you are unsure about continuing with the pregnancy, you should call or visit your GP (family doctor) or local family planning clinic as soon as possible for advice and support.

If you are in crisis and urgently need to talk to someone, call **NHS 24** on **08454 24 24 24**.



## How do I book with a midwife?



To make an appointment with a midwife, call us at the maternity services on **0131 536 2009** Monday to Friday from 9am – 5pm. Select the option that lets you make an appointment.

We will then take some details from you and give you:

- an appointment with a midwife for around 8-10 weeks into your pregnancy
- a scan appointment for 11-14 weeks.

We will also send you details of these appointments and some information leaflets within two weeks of you calling us.



## What should I do in the meantime?



Up until your first appointment and during the whole of your pregnancy, you can take some simple steps to keep you and your baby healthy:

- Take folic acid – this is a vitamin found naturally in many foods. You can get supplements and advice about folic acid from your community pharmacist
- Eat a healthy, balanced diet including fresh vegetables and fruit
- Avoid liver and pate, raw or partially-cooked eggs,

raw or uncooked meats, raw shellfish, unpasteurised milk and some types of cheese

- It is best not to drink alcohol at all, as it will reach and may harm your baby
- Smoking harms you and your baby. If you need help to stop smoking, ring **0800 84 84 84** for friendly, expert help near where you live or work.

For more information about keeping you and your baby well during pregnancy, visit [www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk)