

**Patient
Information**

Teenage pregnancy

Introduction

This leaflet gives you information about the ante-natal appointment for expectant young mothers who need a consultant opinion, or specialised care. You are welcome to bring someone with you to the appointment.

At your appointment

At every appointment we will check your blood pressure and urine, feel and measure your tummy and carry out other investigations (such as blood tests) if needed. This is to make sure that you and your baby are keeping well.

We will discuss your care with you and arrange any follow up appointments and scans you may need. You will be able to ask any questions that you may have and we will offer you advice and support.

Information will also be available from the consultant obstetrician, Teenage Specialist Midwife and Youth Support Worker on the following:

- Progress of your pregnancy
- Nutrition
- Advice on with your education and training
- Housing
- Stopping smoking
- Preparing for the birth (ante-natal) and Parent-craft classes.
- Benefit advice
- Contraception after the birth (post-natal)

Can I claim travel costs to my appointment?

Patients, their partners or children who are in receipt of some benefits may be entitled to claim travel costs. For information on travel cost claims please read the leaflet 'Help with travel costs' which can be found on the NHS Choices website. Copies of the claim form HC5(T) can be found:

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Department

**Maternity
Services**

Review due

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Patient Information

- Outside the General Office on the Ground Floor of the Tower Block
- Tower reception
- In the leaflet rack by the pillars entrance at Cheltenham General Hospital

The claim forms HC5(T) and HC1 can also be found on the NHS Choices website. The contact details are at the end of this leaflet.

Please note that your travel costs claim form must be posted to the address on the form within 3 months of your hospital appointment.

Contact information

Specialist midwives

Vicki Pirie

Tel: 07917 085 157

Jo Daubeney

Tel: 07884 260 352

Please leave a message as directed on the voicemail. Your call will be returned as soon as possible. The phones are checked Monday to Friday between 8.30am and 4.30pm.

Email: youngmums@nhs.net.uk

If your query is urgent or out of these hours please contact the Maternity Advice Line/Triage.

Maternity Advice Line/Triage:

Tel: 0300 422 5541 (24 hours)

Further information

Maternity Services

Website: www.gloshospitals.nhs.uk/en/Wards-and-Departments/Maternity-Wards/ NHS choices Website: www.nhs.uk/conditions/pregnancy-and-baby

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