

## Information in Pregnancy

For all your accurate and up to date pregnancy information please access our Gloucestershire Hospitals maternity website:

<https://www.gloshospitals.nhs.uk/maternity-leaflets> where all the leaflets listed below can be accessed electronically (QR code at the bottom of this page)

### Early Pregnancy

- Having your baby in Gloucestershire\*
- Screening tests in pregnancy\*
- Foods to avoid in pregnancy \*
- Emotional health in pregnancy\*
- Healthy eating and vitamin supplements\*
- Being overweight in pregnancy
- The flu vaccine in pregnancy\*
- The whooping cough vaccination in pregnancy\*
- Exercise in pregnancy (including pelvic floor exercises)\*
- Reducing the risk of venous thrombosis in pregnancy and after giving birth\*
- Looking after your back in pregnancy\*
- Alcohol during pregnancy
- Stopping smoking in pregnancy
- Illegal drugs & pregnancy
- Amniocentesis & Chorionic Villus Testing
- Being overweight in pregnancy
- Rhesus negative blood group
- Bleeding in pregnancy
- Pain and bleeding in early pregnancy
- Dental health in pregnancy
- Information for fathers and birth partners
- Relationships in pregnancy
- Travelling in pregnancy
- Financial support in pregnancy
- Kicks count: home Doppler leaflet
- Pre-eclampsia
- FGM – information for families

### Mid to Late Pregnancy

- Your baby's movements during pregnancy\*
- Pelvic pain in pregnancy
- Gestational diabetes/pregnancy diabetes
- Glucose Tolerance Test (GTT) in pregnancy
- Group B strep in pregnancy
- If your baby is breech
- Low lying placenta
- Refusal of Blood Transfusion in pregnancy
- Working and employment in pregnancy
- Ferrinject iron infusion in pregnancy
- Pre-eclampsia
- When your waters break early

### Preparing for Birth

- Gloucestershire Royal Hospital Women's Centre Amenity Rooms
- Midwifery-led facilities for having your baby
- How do I know when labour starts
- Waters breaking before labour starts
- What happens in labour
- The use of Essential Oils & Massage to help you with your labour
- Pain relief in labour
- Vitamin K for Newborn Babies\*
- Caesarean Section in Gloucestershire and Enhanced Recovery
- Information for women and their partners about the induction of labour
- Vaginal birth after caesarean section
- Partners staying on the Maternity Ward
- Magnesium Sulphate in pregnancy
- Perineal tears and episiotomies

**These leaflets provide important information for you during your pregnancy and all come from reliable and trusted sources.**

**All leaflets marked with a star are considered essential reading for any pregnant mum and we would strongly advise you to read these. Not all leaflets may be relevant to you personally.**

**Following your community Midwife booking appointment and throughout the duration of your pregnancy your Midwife will highlight leaflets/information resources that are particularly important for you personally to read given your individual circumstances.**



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### You and your baby

- Registering your baby's birth\*
- Screening tests for you and your baby\*
- Your post pregnancy body and postnatal and pelvic floor exercises\*
- Emotional health after giving birth\*
- Contraception after having a baby\*
- Perineal tears and episiotomy
- Third and fourth degree tears
- Your caesarean section recovery
- Jaundice in newborn babies
- Division of tongue tie
- BCG and your baby
- Group B Strep in babies
- Special Care: Ill or premature babies
- A parent's guide to consent on the neonatal unit.
- Infant crying and how to cope
- Family information service

### Feeding your baby

- Baby and you – Your breastfeeding journey
- Where to get support for breastfeeding
- Gloucestershire breastfeeding support network
- Bottle feeding your baby
- Expressing your breastmilk by hand and by pump and cup feeding

### Twins or more

- Preparing for twins and triplets
- Feeding twins & more
- How to get twins (or more) to sleep

### If you have suffered a loss

- Early Miscarriage
- Miscarriage
- Recovering well – Surgical management of miscarriage
- Maternity bereavement support service
- Information and support following the loss of your baby before completion of 24 weeks
- Information for parents who have suffered a stillbirth or a neonatal death
- gestation
- Stillbirth information & support
- Stillbirth
- Taking your baby home following their death



**After you have had your baby**  
**Please watch our postnatal film for lots of important advice and information. Your Midwife will show this to you before you leave hospital after having your baby or before she leaves you after your homebirth but you can revisit it at any time from home. We also recommend that you show it to your partner and close family members:**

**[www.gloshospitals.nhs.uk/postnatal-video](https://www.gloshospitals.nhs.uk/postnatal-video)**

If you require any further information we recommend you always look at the NHS in pregnancy resource as a reliable source of information or speak to your Midwife.  
<https://www.nhs.uk/conditions/pregnancy-and-baby/>