

Useful contact numbers for parents to be and new parents

A list of contact numbers and support for you to refer to throughout pregnancy and beyond

This leaflet is for pregnant women, partners and new parents, to access for support during or after pregnancy.

Information leaflets

Download leaflets from our website:

www.royalberkshire.nhs.uk/Default.aspx.ShortcutID-712430.AccessLetter-M.htm

You can also download the Bounty App for current maternity information leaflets associated with Royal Berkshire Hospital.

Visit the NHS pregnancy guide for further information at

www.nhs.uk/planners/pregnancyplanner/Pages/PregnancyHome.aspx.

Dating / combined screening scan

The maternity unit will call you the day after your booking appointment with the midwife (or on Monday if booked on a Friday or weekend) to arrange your scan.

Antenatal education classes

These are provided by National Childbirth Trust – free to women delivering at Royal Berkshire Hospital: Visit the website www.nct.org.uk/BerkshireAntenatal to book your place via the on-line form.

Infant feeding classes

Please ask your midwife to book these for you or see our website for infant feeding class information at: www.royalberkshire.nhs.uk/infant_feeding.htm, or the Bounty App regarding the availability of classes near you.

Postnatal care

All women will be seen at home the day after discharge from hospital. These will be planned by the community midwives following the birth of your baby.

Accessing your named community midwife:

At your booking appointment you will be given the name and contact details of your midwife. You will also be given the community office number to contact if the midwife is on annual leave. Please be aware that calls you receive from the midwife maybe from a withheld number and also ensure that you provide us with the most up to date contact telephone number.

Useful information

<p>GP</p>	<p>If you have any concerns about yourself or your baby and you are less than 16 weeks pregnant, please phone your GP.</p>	<p>Tel number on surgery website or NHS 111 out of hours</p>
<p>GP or Named Community Midwife</p>	<p>If you are over 16 weeks and less than 28 weeks pregnant and experience any of the following you can contact your midwife or GP:</p> <ul style="list-style-type: none"> • Changing of your midwife appointment. • Maternity Certificates can be provided by your named GP surgery – please provide them with your expected date of delivery at time of request. • Any travel or health checks done at your GP surgery. • Headaches not relieved with painkillers. • Visual disturbances. • Sudden swelling of ankles, hands / feet and face. • Persistent itching of soles of feet and palms of hands. • Leaking of fluid – either blood or water. • Offensive vaginal discharge. • Baby's movements that have changed from the usual pattern you are used to having (please see Kicks Count information in your hospital records). • Postnatal care queries. 	<p>As above.</p>
<p>Triage</p>	<p>For all women booked to deliver their baby at Royal Berkshire Hospital. After 28 weeks of pregnancy and if you experience any of the following:</p> <ul style="list-style-type: none"> • Headaches and / or visual disturbances not relieved with paracetamol. • Sudden swelling of ankles, hands, feet or face. • Persistent itching of soles of feet and palms of hands. • Leaking of fluid – either blood or water. • Offensive vaginal discharge. • Baby's movements that have changed from the usual pattern you are used to (refer to Kicks Count info in your hospital records). • All labour related enquiries. 	<p>0118 322 7304</p>

Homebirth Team	If you are interested in having a homebirth or finding out more information about the homebirth service we provide. Email the team for a reply within 7 days.	rbft.homebirthteam@nhs.net
General enquiries <u>NON URGENT</u>	RBH Community Midwives office. Messages will be retrieved at least once daily and any return calls will be made within 24 hours. Please provide full name and contact telephone number clearly on any message left.	0118 322 8059
Postnatal advice	RBH Maternity Unit – Please call the ward that discharged you.	Marsh: 0118 322 7288 / 7319 Iffley: 0118 322 7323 / 7332
Sepsis Awareness	HOW TO SPOT SEPSIS IN ADULTS Seek medical help urgently if you develop any of these signs: Slurred speech or confusion Extreme shivering or muscle pain Passing no urine (in a day) Severe breathlessness It feels like you're going to die Skin mottled or discoloured Go to Sepsistrust.org for further information.	

If you have any concerns, contact your community midwife. If she is unavailable, please contact your GP or the hospital where you are booked to deliver for further advice and information.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Community Team Lead Midwife, February 2015

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