

# Maternity Information



**Women & Children's Unit**  
**NHS Forth Valley**



# Congratulations and Welcome to the

**TEAM**

Throughout your pregnancy you will be looked after by a small team of midwives. Forth Valley operates a system of Team Midwifery that offers continuity of care and support throughout this special time.

Your team will strive to offer you the best possible care so that your pregnancy is a happy, positive experience.

Your Team Midwives will care for you in the community and in hospital both before and after you have your baby. Every effort is made to ensure that a member of the team will look after you when you are having your baby. However, in some circumstances this may not be possible - in this case a midwife from a different team will be happy to care for you.

It is our aim to keep you fully informed of the choices that are available to enable you to make the appropriate decisions according to your wishes and circumstances. Being pregnant is an exciting and special time. As health care professionals we are here to help make it as trouble free as is possible. If at any point you have concerns or issues regarding your midwifery care, please discuss with any member of the team who will advise you.

## The Women & Childrens Unit

**Services located at:** Stirling Royal Infirmary, Livilands Gate, Stirling  
**consists of:**

Lower Ground - Labour Suites & Theatres; Day Care Unit and Early Pregnancy Assessment Service (EPAS) Ultra sound scan rooms.

Ground Floor - Neonatal Intensive Care Unit (NNICU); Paediatric Ward, Paediatric Ambulatory Care

Upper Floor - Antenatal/Postnatal Ward; Gynaecology Ward

Out-Patient Clinic - Antenatal and Gynaecology Clinics

**Services located at:** Falkirk & District Royal Infirmary,  
**Windsor Unit, Major's Loan, Falkirk**

**consists of:**

Ground Floor Clinics, Daycare and EPAS

## Choices for Care in Forth Valley

We aim to support your decisions as far as reasonably possible. The role of your Team Midwife is to provide information enabling you to make informed choices with regards to the birth of your baby.

NHS Scotland recommends that midwifery care should be provided as close to the woman's home as is consistent with safe clinical care. Midwives in Forth Valley will endeavour to carry out the majority of antenatal and postnatal care in the community. In most cases women who have an uncomplicated delivery are ready for discharge home between 6-24 hours after delivery.

Our midwives aim to support you and we will be happy to discuss the following options.

- Hospital birth
- Home birth
- Water birth facilities are available

If you are interested in Home birth or Water birth, your Team Midwife will give you more information.

## Case Notes

Within Forth Valley, maternity services use patient hand-held records to ensure accurate updated information regarding your pregnancy is available for you and the professionals involved in your care.

**You will be given your hand held notes at approximately 12 weeks when you attend for your scan appointment. Please make sure you bring these to all of your antenatal appointments.**

**Confidential information can be recorded elsewhere if requested.**

Included in your case notes is **your birth plan**. Having a baby is one of the most significant events in your life. Completing your birth plan will allow you to consider and discuss any preferences you may have with a team member. Staff will endeavour to meet your needs as requested in your birth plan. Any deviation deemed necessary from your birth plan, will be fully explained and discussed with you. Your team will advise you of the service that is available to you throughout labour, delivery and the postnatal period. If you wish to discuss your birth plan or any personal preferences we suggest the best time is around 30-36 weeks of your pregnancy when attending your antenatal clinic.

## Change of Address/Telephone Number

Please inform a team member of any change of address and/or telephone number so that our records can be kept up to date and we can contact you should the need arise.

## Antenatal Parenthood Education

An invitation is extended to you and your partner or friend to attend parenthood education classes. These classes provide information on all the important aspects of childbirth and becoming a parent.

Your classes will commence on:

Venue :-

Physiotherapy sessions are held separately and dates will be given to you. These classes are open to **ALL** mums-to-be and birth partner.

## Ready Steady Baby Book

This is a valuable resource both antenatally and postnatally. If this is your first baby or it is longer than three years since your last child, your Team Midwife will give you a copy. If you do not receive this please ask your Team Midwife for one.



## Staff Members

Care will mainly be undertaken by your Team Midwives and your GP. Medical staff, student midwives/nurses, nursery nurses and medical students may also be involved in your care. Staff members may be male or female. All health board employees will be wearing appropriate ID badges.

## Antenatal Visits Pattern

| 1st pregnancy (Prims)                                   |   | 2nd and subsequent pregnancy (Parous)                   |   |
|---|---|---|---|
| 6 + weeks   | Booking history visit   | 6 + weeks   | Booking history visit   |
| 12-14 weeks   | Scan appointment  | 12-14 weeks   | Scan appointment  |
| 15-16 weeks   | Routine visit and Serum screening   | 15-16 weeks   | Routine visit and Serum screening   |
| 20 weeks  | Detailed scan <i>(if requested)</i>   | 20 weeks  | Detailed scan <i>(if requested)</i>   |
| 22-24 weeks   | Routine visit   |   |   |
| 28 weeks  | Routine visit and 1st dose of Rhesus negative prophylactic AntiD <i>(if required)</i> | 28 weeks  | Routine visit and 1st dose of Rhesus negative prophylactic AntiD <i>(if required)</i> |
| 32 weeks  | Routine visit   |   |   |
| 34 weeks  | Routine visit and 2nd dose of Rhesus negative prophylactic AntiD <i>(if required)</i> | 34 weeks  | Routine visit and 2nd dose of Rhesus negative prophylactic AntiD <i>(if required)</i> |
| 36 weeks  | Routine visit   | 36 weeks  | Routine visit   |
| 38 weeks  | Routine visit   | 38 weeks  | Routine visit   |
| 40 weeks  | Routine visit   | 40 weeks  | Routine visit   |
| Induction of labour and membrane sweep discussed        |   | Induction of labour and membrane sweep discussed        |   |
| Antenatal Visit weekly till induction date or delivered |   | Antenatal Visit weekly till induction date or delivered |   |

*National Institute for Clinical Evidence (2003) Antenatal Care: Routine Care for Healthy Pregnant Women  
Maternity Services Clinical Standards (2005) NHS Quality Improvement Scotland  
A Framework for Maternity Services in Scotland (2001)*

If you do not book until later, the midwife will keep you informed of appointments.

**You are welcome to bring a partner/friend to your antenatal visits, but we ask that on at least one visit you see your midwife by yourself.**

Your Antenatal Clinic takes place :-

At \_\_\_\_\_

Day \_\_\_\_\_

Time \_\_\_\_\_

## Ultrasound Scan

You will be offered an ultrasound scan at the hospital (Falkirk or Stirling) followed by a consultation with your midwife. For the majority of women this scan is usually performed at around 12 weeks. You will also be offered a date for an anomaly scan (a more detailed scan) at around 20 weeks. **If you do not wish screening performed, please think carefully before arranging this scan.** Your midwife will be happy to discuss this with you.

We are very happy to supply you with a copy of your scan picture and if you would like a picture, please inform the sonographer **BEFORE** the start of the procedure as it is not possible to print pictures after the procedure is finished.

We will provide your first picture from each scan appointment free of cost and you may then purchase up to a maximum of 5 copies at a cost of £1 each. The proceeds will go towards the cost of the photo mounts, purchase of equipment for the comfort of patients and continued training of the ultrasound staff.



**Please note that the purpose of the scan is NOT to determine the sex of your baby - we would ask that you do not press staff for this information.**

If you have concerns at anytime about your scan your midwife will be happy to discuss them with you.

Your Team Midwife will give you a detailed information leaflet regarding your ultra-sound scan.

## EPAS - Early Pregnancy Assessment Service

This service is available at both Stirling Royal Infirmary and Falkirk & District Royal Infirmary. EPAS is for pregnant women under 13 weeks who have had vaginal bleeding and/or abdominal pain following a positive pregnancy test.

You can be referred to EPAS by your GP or midwife, or you can arrange an appointment with EPAS yourself by phoning 01786 434000 ext 4391 (SRI) or 01324 624000 ext 5625 (FDRI) Monday to Friday between the hours of 0830 and 1630. An appointment may not be available the next day, but you should be seen within 72 hours depending on your clinical condition.

When you attend the Early Pregnancy Assessment Service a scan will be carried out and you will be seen by a midwife and/or a doctor who will discuss the results with you. If further medical management is thought to be required the options available to you will be discussed and the necessary arrangements made.

## Day Care in SRI and FDRI

This department provides a service for pregnant women to enable the midwife and medical staff to monitor you and your baby more closely.

After greeting you at Day Care the Midwife will carry out a routine antenatal examination, i.e. urine test, blood pressure recording and abdominal palpation. It may be necessary to monitor your baby's heartbeat for approximately 20 minutes.

Depending on why you are for attending Day Care, further tests may be carried out i.e., blood tests or ultrasound scan. The results of these tests will determine your length of stay. This could be a minimum of 30 minutes but could be as long as 3 hours. Your partner, a relative or friend is welcome to accompany you.

## Screening Tests for Spina Bifida and Downs Syndrome

All pregnant women are offered screening for Spina Bifida and Downs Syndrome. Screening may also be available for less common problems that affect your family in particular. If you think there is a genetic problem on either side of the family you should tell your GP or midwife.

The screening test is entirely optional. It is your decision. Your midwife or GP will be happy to discuss your choices. Before deciding whether or not to have the screening test you and your partner should discuss what you would do if the test indicated an increased risk.

The screening test involves taking a small amount of blood from you at around 15-16 weeks but it can be done up to 20 weeks of pregnancy. If you have chosen to have this screening test you will be given a form, after your booking scan, to take to your midwife or GP to enable this test to be carried out. If you have any concerns, your midwife or GP will be happy to discuss them with you.

If the test result is in the low risk group you will be notified by letter within 21 days (please contact team to follow up if no letter received). If the result is outwith the low risk group you will be contacted and asked to come to the hospital clinic to discuss your options for further investigations. We would remind you that many factors may influence your blood results i.e. uncertain dates, bleeding in pregnancy, twins etc.

Please be reassured that, almost all women recalled for further investigation will have a normal healthy baby.

A low risk result does not guarantee a normal healthy baby but does indicate it is unlikely to be affected by Spina Bifida or Downs Syndrome.

## Drugs/Alcohol

Taking alcohol, or drugs which have not been prescribed by your GP or hospital staff can be very harmful to the development of your baby and may have an effect on your parenting skills. If you are taking any drugs/alcohol it is important that we are aware of this in order to provide the most appropriate care. Please feel confident in the knowledge that staff will not judge you on your lifestyle.

All information that you give to us will be treated confidentially. We work closely with the Community Alcohol and Drugs Service (CADS). Please let us or CADS know if we can help you by phoning:

|   |              |
|---|--------------|
| Labour Ward, Stirling Royal (ask for your Team Midwife) | 01786 434045 |
| CADS (any member of CADS will help you)                 | 01786 483111 |

## Domestic Abuse

25-50% of all women in the world have been physically abused.

Unfortunately, research has shown that domestic violence can begin or increase in pregnancy (*Scottish Executive 2003*). Your midwife will offer support and refer you to the appropriate agencies if you require help or just wish someone to advise you.

|                                  |              |
|----------------------------------|--------------|
| Domestic Abuse National Helpline | 0800 0271234 |
| Falkirk Womens Aid               | 01324 635661 |
| Stirling Womens Aid              | 01786 470897 |
| Clackmannan Womens Aid           | 01259 721407 |



## Patients and Relatives Please Note: Verbal and Physical Abuse Will Not Be Tolerated

In the Women and Children's Unit we appreciate that attending hospital generates anxiety. Our staff are aware of this and will treat all patients in a friendly, courteous and professional manner. We would ask that patients and relatives treat our staff in the same way.

## Antenatal and Postnatal Depression Screening

Depression is very common within both the antenatal and postnatal periods. As part of your antenatal and postnatal care, your midwife will complete the Edinburgh Postnatal Depression screening form. If the result of this screening indicates that you appear to be at risk of antenatal or postnatal depression additional support can be offered by your midwife, health visitor or GP.

## Smoking

Research shows that stopping smoking at any time during pregnancy is beneficial to the health of both the unborn baby and mother. The NHS Pregnancy Smoking Helpline (0800 169 9169) offers friendly help and advice on stopping smoking if you are pregnant or planning a pregnancy.



If you are pregnant and wish to seek help on giving up smoking, then your G.P. or Midwife can provide you with information to help and support your decision.

The hospital has a No Smoking policy therefore there are no designated areas where smoking is permitted.

The following areas run a no appointment, drop-in clinic for Smoking Cessation; where you can find more information/advice:

|                           |           |                 |
|---------------------------|-----------|-----------------|
| Alloa Health Centre       | Tuesday   | 5.30pm – 7.30pm |
| St. Ninians Health Centre | Wednesday | 5.30pm – 7.30pm |
| Camelon Health Centre     | Wednesday | 5.30pm – 7.30pm |

## Stemcell Collection

Forth Valley do not participate in the commercial collection of cord blood for harvesting.

## Analgesia

Simple analgesia e.g. Paracetamol can be taken safely before and after you have your baby. Please avoid codeine as contra indicated in breast feeding. (Always check the information leaflets in the packet before use).

## In Labour?

If you think you are in labour or need advice about whether to come to the hospital please phone:

|             |              |
|-------------|--------------|
| Triage      | 01786 433663 |
| Labour Ward | 01786 434045 |

A member of staff will be available to offer advice.

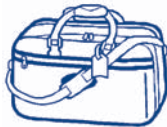
## Transport

Labour ward is located in Stirling Royal Infirmary. Under normal circumstances transport is not available and you must make your own way there. If you have no transport and you think you are in labour or become unwell during your pregnancy an ambulance can be arranged but may take 1-2 hours to reach you. In certain circumstances we may feel an **emergency** ambulance is the best form of transport and will arrange this for you. An ambulance will not be available to take you home and you will need to arrange your own transport.

For routine care such as antenatal clinic appointments, the ambulance service is not available.

## Things to Bring With You

- Preferred clothing for labour
- Nightwear or clothing, preferably front opening, to allow skin to skin contact with your baby and help with feeding
- Slippers and dressing gown
- Bras - nursing bras if breastfeeding
- Sanitary pads
- Toiletries, hairbrush etc.
- Pants - disposable ones are a good idea. Get a larger size than normal.
- No electrical appliances – hairdryers are supplied
- Pen
- Watch
- Change for phone
- Tissues
- Soft drinks
- Baby clothes if desired



## Bags

**Small is beautiful....!** There is limited bed locker/cupboard space. Your cooperation in keeping floor space clear promotes a safe environment.

## Birth Partner/Companion During Labour and Delivery

During labour it is advised that only one partner/companion is present at any one time. For the birth of your baby only one partner/companion may be present. If you have any questions please speak to a Team member antenatally.

## Name Bands

Soon after your baby is born a name band will be attached to each of his/her ankles. The mother's surname and address is written on each name band along with the date of birth. If the father has a different surname to that of the mother the baby's name band always shows the mother's surname. This is to correspond with the mother's hospital notes. A second set of name bands can be written with the father's surname, if desired, when going home.

## Birth Partner/Companion - Facilities Available

In Stirling Royal infirmary toilet facilities are available on the ground floor, in the main foyer and the lower ground floor. Drinks and vending machines are available throughout the hospital. WRVS, Bistro and dining room facilities are available through the day.

## Visiting

There is no visiting within the labour ward as this is deemed an acute area where emergency situations can and do arise.

## Telephone Enquiries

Please keep telephone enquiries to a minimum. Confidentiality prohibits us giving out information. We would expect your birthing partner to keep family and friends updated.

## Rooming In

In line with the security policy and baby friendly initiative, all babies should remain beside their mothers at all times.

All cots have wheels and if you wish to leave your room whilst in hospital, please take your baby with you in his/her cot, **but do not leave the ward area**. Please do not leave your baby unless someone is in the room to keep an eye on him/her, e.g. a member of staff or a relative.

## Length of Stay

Giving birth is a normal process and all being well with you and your baby your stay in the postnatal ward is usually short (depending on your type of delivery). Ladies who have a "non-complicated" delivery are usually ready for discharge between 6 and 24 hours. Your Team will continue to care for and support you and your baby in your home.

Should your baby be premature or unwell and require admission to the Neonatal Intensive Care Unit, you may be able to stay in the ward for up to 7 days to help support you in caring for your baby at this time.

## Visiting Times

On ward 19 (Antenatal/Postnatal Ward) we would ask your visitors to adhere to visiting times:

**1400 - 2000 hours**

**partner**

**1500 - 1600 hours and 1900 - 2000 hours**

**for other visitors**

It is vital for fire regulations that a strict **3 to a bed** policy is adhered to. We thank you for your co-operation in this.

## Food

Patient meals are provided. For health and safety reasons food should not be brought in to hospital from outside. If you have any special dietary requirements please let us know.

## Birth Registration

You will be given a leaflet regarding registration of your baby's birth before you leave the post-natal ward.

## Discharge Home

Please ensure you have been given your discharge paperwork prior to leaving hospital and also any medication you may require.

Your Team Midwife will always visit on the day following discharge. If she has not been in contact by 3pm, please contact ward 19. Visits thereafter will be based on individual needs.

## Baby Car Seat

Prior to discharge please ensure you are able to secure your baby car seat in the car. It is your responsibility to be confident in the use of the car seat. Practice makes perfect!

## Blood Spot Test

This is a blood test taken from all babies around 4-7 days after delivery. An information leaflet will be given in the postnatal ward and the test will be carried out at home.

## Hearing Screening

In the first few days following delivery, you will be given the opportunity to have a Hearing Screen performed on your baby. This is a quick and simple test to check your baby's hearing. You will be given more information at the time.

## Health Visitor

Your Health Visitor (attached to your GP surgery) may visit you at home prior to your due date. Care of baby is taken over by your Health Visitor around the 10th day following delivery. Your Health Visitor will provide information on child health developmental screening, immunisation programs, and well baby clinics, together with details of a breast-feeding support group. She can offer support and advice on the care of you, your baby and your family.

## Mobile Phones

Mobile phones can interfere with medical equipment. Please only use in the designated areas.

## Pets

Unfortunately family pets have injured members of staff during home visits. It is essential for health and safety reasons that all pets are secured for the duration of the midwives visit.

## Useful Telephone Numbers



|  |                                  |
|--|----------------------------------|
| Association for Post Natal Illness                                 | 02073 860868                     |
| Community Alcohol & Drug Service (CADS - Falkirk)                  | 01324 630957                     |
| Community Alcohol & Drug Service (CADS - Stirling - Drugs)         | 01786 483121                     |
| Community Alcohol & Drug Service (CADS - Stirling - Alcohol)       | 01786 483131                     |
| Community Alcohol & Drug Service (CADS) - Orchard House, Stirling) | 01786 849727                     |
| Day Care Falkirk   | 01324 616157                     |
| Day Care Stirling (extension 4342)                                 | 01786 434000                     |
| Triage   | 01786 433663                     |
| NHS 24   | 0845 4 24 24                     |
| Falkirk DSS  | 01324 505000                     |
| Falkirk Police Station   | 01324 634212                     |
| Falkirk Pregnancy Crisis Centre Helpline                           | 0800 028 2228                    |
| Health Information Centre  | 01786 446688                     |
| Labour Ward Stirling Royal Infirmary                               | 01786 434045                     |
| National Council for One Parent Families                           | 0800 185 026                     |
| Off the Record - Counselling for under 25s                         | 01786 450518 or<br>0800 027 6001 |
| Smokeline (help and support)                                       | 0800 848 484                     |
| Stirling DSS   | 01786 432600                     |
| Stirling Police Station  | 01786 456000                     |
| Stirling Royal Infirmary   | 01786 434000                     |
| The National Childbirth Trust (NCT)                                | 08704 448707                     |
| The Samaritans   | 01324 622066 or<br>0800 555 111  |
| Victoria Centre - Counselling Services                             | 01324 629955                     |
| Ward 19 (ante natal and post natal SRI)                            | 01786 434419                     |
| Women's Aid Falkirk  | 01324 635661                     |
| Women's Aid Stirling   | 01786 470897                     |
| Women's Aid Clackmannan  | 01259 721407                     |
| Womens Aid National Helpline                                       | 0800 271 234                     |

You can obtain the services of an interpreter or have the document **Maternity Information** translated in your own language by contacting the interpreting services on 0845 130 1170. These services are available free of charge.

Galite gauti vertėjo paslaugas arba leidinį „**Informacija apie motinystę**“, išverstą į jūsų gimtąją kalbą, kreipėsi į vertimų biurą telefonu 0845 130 1170. Šios paslaugos yra nemokamos.

如果你想获得口头翻译的服务，或者是想得“产科信息”的翻译件，请联系翻译服务热线：0845 130 1170。这些服务费用全免。

Możesz otrzymać pomoc tłumacza lub dostać następujący dokument przetłumaczony na Twój język – **Informacje dotyczące ciąży i porodu** – poprzez skontaktowanie się z serwisem tłumaczy po numerem telefonu 0845 130 1170. Ta usługa jest bezpłatna

ਤੁਸੀਂ ਅਨੁਵਾਦਕ ਦੀਆਂ ਸੇਵਾਵਾਂ ਹਾਸਿਲ ਕਰ ਸਕਦੇ ਹੋ ਜਾਂ ਸੈਟਰਨਿਟੀ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇ ਦਸਤਾਵੇਜ਼ ਦਾ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਅਨੁਵਾਦ ਕਰਨ ਲਈ ਅਨੁਵਾਦਕ ਸੇਵਾਵਾਂ ਨਾਲ 0845 130 1170 ਉਪਰ ਸੰਪਰਕ ਕਰੋ। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਵਿੱਚ ਹਾਸਿਲ ਕੀਤੀਆਂ ਜਾ ਸਕਦੀਆਂ ਹਨ।

آپ 0845 130 1170 پر ترجمانی کی خدمات سے رابطہ کر کے کسی ترجمان کی خدمت حاصل کر سکتے ہیں یا اپنی زبان میں زچگی سے متعلق معلومات نامی دستاویز کا ترجمہ حاصل کر سکتے ہیں۔ یہ خدمات بلا معاوضہ دستیاب ہیں۔

يمكنك الحصول على خدمة المترجم الفوري أو الحصول على وثيقة معلومات عن عيادة الأم/الطفل مترجمة إلى لغتك الأصلية من خلال الإتصال بخدمات الترجمة الفورية على هاتف رقم 0845 130 1170. هذه الخدمات متاحة مجاناً وبدون أي مقابل مادي.

#### **SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES**

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



**If you, or someone you know, would like this in an alternative format, such as audiotope or large print then please phone us free on 0800 456033, fax your request to 01786 470984 or email us at [yourhealthservice@fvhb.scot.nhs.uk](mailto:yourhealthservice@fvhb.scot.nhs.uk)**

Re-order Ref: PIL/70022/WC

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